

Better Homes and Gardens®

12 TOP TIPS
for selling
your home

Orange jelly, cream
and custard cake



Store-bought
sponge to

**dazzling
dessert** easy!

See page 184

**Go outdoors
for fun!**

Gorgeous corners
Heavenly verandahs
Clever courtyards

**BIG
SPECIAL
40** pages

GARDENING

Lawn quick-fix tips
Plant a paradise
Little and lovely

Pick up a
hot chick

9

RECIPES
to save time
and money

Turn a
**takeaway
CHICKEN**

into a gourmet meal – *fast*

Sauce, shred, curry or glaze it ... dinner sorted!

MAKE ME IN
20 MINUTES



Chicken curry with
beans and cashews

A modern dining table with a thick, light-colored concrete top and a rustic, weathered acacia wood frame. The table is positioned in a room with dark, paneled walls and a dark tiled floor. A window in the background shows a city skyline at night. The Nick Scali Furniture logo is in the top left corner.

nickscali
FURNITURE

COOPER

COME HOME TO COMFORT AND STYLE

The Cooper dining table, with a solid acacia frame and concrete top.

For our full range of products, visit www.nickscali.com.au

QLD Aspley, Bundall, Fortitude Valley, Jindalee, Macgregor, Maroochydore, Townsville, Cairns. **NSW** Alexandria, Auburn, Bankstown, Belrose, Campbelltown, Caringbah, Castle Hill, Casula, Chatswood, Kotara, Moore Park, Penrith, Tuggerah, Warrawong, West Gosford, Rutherford. **ACT** Fyshwick. **VIC** Chirnside, Essendon, Frankston, Mildura, Moorabbin, Nunawading, Richmond, South Wharf, Springvale, Taylors Lakes. **SA** Gepps Cross, Glynde, Marion, Mile End. **WA** O'Connor, Joondalup, Midland, Osborne Park.



Vansu dining chair in fabric.

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November 2015

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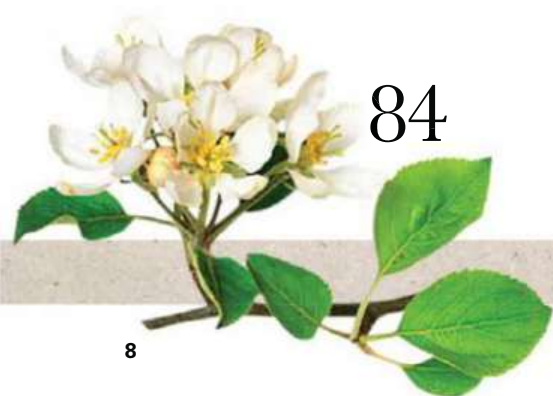
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Get garden cheer with crabapple!

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of 26 per cent!



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"Don't judge a chair by its cover,
just choose a different fabric..."



Suite design: Martelli
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**BETTER
INSPIRATION**
THIS MONTH
OUTDOOR
LIVING

Mimosa 7pce
timber bar
setting
\$599



CREATE AN OUTDOOR *retreat*

Make the most of your outdoors this summer and create a stylish space where you'll love to be...

Long hot days, and blissful balmy evenings tempt us outside to enjoy the beautiful sights and sounds of an Australian summer. There's nothing better than soaking up the atmosphere with the people

you love over a delicious barbecue in your backyard. Whether you have a small or large outdoor area, you can create the perfect entertaining space with a few simple pieces and a little help from Bunnings.



Mimosa Seville
timber table
\$1599

Matador Artiste
Kitchen with
side burner
\$1899



Matador
Boss BBQ with
side burner
\$869



OUTDOOR LIVING TIPS

#1 TIP Include a range of seating options that invites you outside to relax. A stylish lounge is the perfect place to unwind and read a book.

#2 TIP It wouldn't be an Australian yard without a barbecue! Find one that's a practical size, and position it near your outdoor dining table and chairs for easy entertaining.

#3 TIP Make sure your backyard entertaining areas are well lit so you can enjoy them long into the evening. Highlighting features in your garden or around the home can make a dramatic backdrop to outdoor entertaining areas.

Mimosa Geneve
corner lounge
setting
\$599



Matador
Artiste BBQ with
side burner
\$749

Mimosa Manor
9pce aluminium
setting
\$1199



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Note Television content subject to schedule changes. Check your local program guides for viewing times.

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- 182** Spring barbecue feast Fast Ed's Cypriot-style rib-eye with grilled veg; barbecued beer bread. Karen's warm, honey feta dressing; brined and barbecued herb chicken, kids' banana cream pie

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COMPROMISE
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MATT YOU CAN
GET BOTH

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THE EFFECT
OF GLARE
IN ROOMS
WITH LARGE
WINDOWS



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3

reasons we love matt finish paint

1

COVER UP BLEMISHES

By reducing light reflection, matt paint helps to hide any lumps or bumps in plaster walls. You're also less likely to notice any application marks.

2

TURN THE LIGHT DOWN LOW

Matt finishes soften the effect of harsh glancing natural light in rooms with large windows and down long hallways.

3

TIMELESS SOPHISTICATION

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both shall live.



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editor's letter

'What's for dinner tonight' is that whopping question that hounds us all – every damn day! Ah but we have nine fabulous solutions for you!

On a magazine panel some years ago,

I was partnered with two amazing gentlemen editors from very important current affairs and news magazines: they wrote very serious stuff. During the session we answered hefty publishing questions, then to round up we were asked which of our stories had been the biggest and most successful in terms of reader feedback. Their answers were awesome. One feature had unearthed deep corruption in a political arena leading to widespread and tragic outcomes in this country. The other was an Australian exclusive of an unsolved murder in America, which to this day remains a mystery. Spellbinding both!

Then came my turn! 'And what has been your most successful feature, Julia?' Take a breath now. 'Gentlemen, I know this is going to sound trite in comparison to your amazing works but it was', and I paused... 'How to turn a takeaway chook into a gourmet meal in 10 minutes.' Oh, I awaited the derision! But the applause from the audience was overwhelming – some members even stood. And to this day, I know that the results of our story are still being used, while the others, memorable and critical as they were, are now in the pages of history.

So to our fabulous takeaway chicken

recipes for you in this issue. Nine of them! They're quick, amazing and so delicious. Check them out and make them a staple to thrill your hungry family and charm your best friends. And wait for their applause!

But because we love our chickens,

now is also a good time to talk about the wellbeing of our egg-laying chicks. Because we should do whatever we can, we have joined with the RSPCA to encourage all of us to pick up cage-free eggs as our first choice when we shop. And we would like to see all stores and supermarkets stock only cage-free asap. We salute those already on board. You can visit the RSPCA Facebook page and do your bit for our hens. They do so much for us, let's do what we can for them in return. See you next month.



JULIA'S TOP THREE PICKS
Scan this page with the free **viewa** app to see three of Julia's favourite features.

Julia Foth



Don't forget to join us in Perth for our fabulous BH&G Live Event, 23–25 October and Sydney 13–15 November



So good that it's time to go outdoors again. Check all the fabulous ideas 'for fun' in our feature to inspire heady days and nights in your garden. To whoop it up see page 24.

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 /auspinner



Unrestricted views of sky
and over treetops evoke
a sense of calm and peace

1 Inside out
Even without access to an outside space you can create a similar feel indoors. A conservatory-like glass enclosure and decorative elements commonly seen outside is all it takes for you to commune with the natural world. Comfortable wicker seating with a collection of summery scatter cushions (note the colour-matched piping of the seat pads), lush potted plants, outdoor lighting and a blue-painted 'sky' do the trick here.

ideasnotebook

Transform your home and garden into an oasis of luscious tranquillity



2

Blue gem

Have a fling with a country-style garden even if your plot is only the size of a postage stamp. Lacking traditional garden beds is no barrier to success. The key is to utilise multi-level planting with hanging baskets, pots and climbers. Nestle unexpected touches between plants – a weathered chair or a sculptural piece. And, to finish, brighten the walls or fencing with a wash of arresting Aegean blue. Pure bliss!

outdoor
LIVING
special

Clearly beautiful

Arranging flowers in clear glass vases opens up all kinds of possibilities. And whether you choose a single hydrangea stem from your garden or an inexpensive bunch of blooms from the supermarket, it will look all the more lavish anchored by pebbles and viewed through glass. Using a tall and squat vase, here are two ideas you can arrange as a still life. Or, if you like the look of a botanical specimen, consider placing a glass cloche over a flower-filled, mini mirror-glass vase.

3





Hands up for a polished concrete work surface! →

Floor
it with concrete

Step up and out

4

Staying connected to the beauty of the outside world is but a glass barrier away. Better yet, install doors that fold back for a seamless flow between the interior and exterior. Further enhance the connection with same-type flooring in both spaces. Honed and polished concrete floors are gaining in popularity.



5

Cemented indoors

Tap into the trend for all things concrete, including stylish tables suitable for both indoor and outdoor use. Formed along strong and minimal lines, these types of tables were once the domain of decorators and their well-heeled clientele but now they're affordable for all. Check out the Derby dining table 180 x 90 x 76cm, \$1790, Nick Scali, nickscali.com.au



For shopping details, see Stockists page

Concrete tabletops suitable for outdoor use: London coffee table with oak frame 120 x 60 x 40cm, \$690; Levanzo round coffee table 90 x 90 x 40.6cm, \$790; both with acacia wood frames; Geometric coffee table, \$890, and lamp table, \$440, both with metal bases; Levanzo small lamp table 50 x 50 x 50cm, \$590. All Nick Scali.



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TWININGS
OF LONDON

Enjoy Every Day



Under the vines

Dining alfresco under a canopy of vines

is the stuff of pure romance. All you need do is plant a vine at each post of your pergola and, with proper training, they'll reach the top in no time. And for a great recycling idea, utilise reclaimed planks and timber from a reclamation yard to knock up a rustic outdoor table setting. Simply gorgeous!

6



7

The great escape

Lush with indoor comforts, outdoor greens and spring breezes, every day will seem like a holiday under a similarly covered patio. It's a space that effortlessly transitions inside to out. What makes it so? Polished concrete underfoot and an all-weather day bed – plus rugs, a fire and curtains to keep you cosy on cool nights.

Amazon crewel-embroidered piped cushion 50 x 50cm, \$69.95; Aquarius striped cushion in Multi 45 x 45cm, \$49.95, both Kas Australia, kasaustalia.com.au





Low
Sugar.
How
Refreshing



*Product contains other sweeteners.

Take a canvas drop cloth and turn it into a hammock, a teepee, a tablecloth and more. On a roll? Build a pallet daybed, get crafty with leather remnants, then plait a rug from old t-shirts. Celebrating outdoors for less is easy when you rethink, repurpose and re-use!

1 Pretty in pallet

To make a day bed, source six timber pallets. Coat in a punchy shade of outdoor paint, then stack two and screw together. Repeat for another two pallets, then push the two stacks together and join in the middle with screws. Flip the seat assembly over to glue and screw painted furniture feet to the underside. With assembly right way up again, stand and screw the two remaining pallets in position. Cushion your creation with hard-wearing doona covers made from drop cloths. Go wild – dye them too!

For shopping details,
see Stockists page

*Dye a drop cloth
for a colour pop*

outdoor
LIVING
special

drop cloth *gorgeous*

Head outdoors with quick and clever revamp ideas that won't break the bank



2 Tabletop ready


Making a coffee table is easy as! Simply paint and stack two small pallets, screw them together and fill the gaps in the tabletop with extra slats from a third pallet.



3

Swinging siesta

Thanks to this handy hammock, drifting off in the afternoon sun is a decadent pleasure we can all enjoy! Strung up with cotton cord and eyelets, making your own is easy with a drop cloth and the right tools. You'll be relaxing Cancun-style in no time.

 Full instructions on page 216

Crate escape

Transport your entertaining essentials in style with colour coordinated timber crates. Available from the craft aisle in hardware stores, these crates are durable and sturdy enough to serve as impromptu side tables – perfect for holding siesta sangria! Use a wide brush to paint with acrylic paint, then let dry and seal with matt varnish.

Custom cushions

For instant day bed colour, update white cotton pillowcases. Use standard or Euro size and decorate with craft acrylic paint mixed with Jo Sonja's Textile Medium. Try ombré effects, classic stripes or colour blocking.

For shopping details,
see Stockists page




4



5

6 No-sew tent

A fun and portable escape for little ones, this classic teepee is easy to make. First, lash six timber poles together with rope. Then, refer to the instructions to cut and hem a semi-circle cover using a store-bought 9 x 12-foot drop cloth. To finish, add eyelets at the opening and thread with cord to lace closed.

 Full instructions on page 216

7 Easy remnant bunting


Fabric bunting can cost a fortune, but making your own is cheap as – especially if you use fabric remnants! Cut fabrics into 12 x 15cm pieces and zigzag around all sides to prevent fraying. Pin to a length of cotton tape, aligning top of square just below top of tape, then straight stitch along tape to secure.

Go
glamp!

8


Totes ready

Team a simple design with classic details for a tote you'll want to make again and again. Using a heavyweight canvas drop cloth means there's no need for a liner – simply stitch it up and add handles. Use those leather remnants to make tassels and a plaque, and you've got a tote-ally stylish accessory.

 Full instructions on page 216


Pillow talk

Fresh cushions are an instant way to spruce up a space, and these drop-cloth covers are easily made from leftover fabric. The leather corner embellishments are added after the cover is completed. Neat!

 Full instructions on page 218

One dollar napkins

Hosting a gathering and looking for a gift that's friendly on the hip pocket? Classic neutral linen napkins go with any table and, at about one dollar each, these drop cloth look-alikes are a steal. Hem the edges, bundle into sets of four or six and add a tassel tie made from leather remnants for a final flourish, or tie with cotton tape.

 Full instructions on page 218


Easy luxe

Tassels are quick to make with leather remnants and glue. Stitching details are optional!

For shopping details,
see Stockists page

9

10



Pick up canvas drop cloths from paint or hardware stores. Look for heavy-duty with a tight weave. If yours comes with stitching joins, use the industrial seams to add character to your projects.

for you to
W!

*Bring your
craft outdoors and
unwind in cool
and carefree style*

I Table talk

Soft and textural, drop cloth is a stylish way to cheat the look of vintage linen – and it's practical laid over a decorative cloth. Simply buy a passageway drop cloth (1.2 x 6m), cut to size to suit your table and machine-stitch to hem or use iron-on hemming tape. You can do this!



**t-shirts
reimagined**

12

Free and easy

Raid your wardrobe – you're on the hunt for t-shirts past their use-by date! Cut them into strips, then plait them together and hand stitch the lot into a coil. This colourful and versatile floor rug is a guilt-free way to clear your wardrobe for new outfits.

Full instructions on page 223

Zip-a-dee-doo-dah

Transform plastic-backed drop cloth into cosmetic bags for great gifts! Cut two rectangles and stitch each to a side of zipper length. Working with right sides facing, stitch down each side, sandwiching a leather tab on one side. Open zipper, stitch base seam, then turn through. To finish, add a tassel to the zipper pull. For a flat-base bag, see Step 3 of Totes Ready instructions (page 217), adjusting measurements to suit.

For your furbaby

Spring-clean your pooch's favourite hangout with a fresh floor cushion. Then cut leftover drop cloth into strips to make an easy plaited toy. Pawfect!

Full instructions on page 217

For shopping details,
see **Stockists** page

How to soften your drop cloth

Canvas drop cloths are available from paint and hardware stores, either with or without plastic or rubber backing. Choose those without backing to make items such as cushion covers and tablecloths. To soften the fabric and lift colour, add three cups of bleach to a hot water wash and soak overnight. Rinse thoroughly and wash with laundry powder to remove bleach smell, then line dry. If making small items, cut your fabric into smaller pieces before bleaching – this makes it easier to handle.

Create me for home, gift me for friends, make me for pets



13



14

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IS ABOUT
MOMENTS.
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FOR THEM,
CREATE
THEM.

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more give, less take

go outdoors
for fun!



1

Step outside and reconnect with nature – it's outdoor living season at its best!

The days are warming, the evenings are stretching and the cicadas are tuning up. The season for outdoor living is upon us! Whether you use it for evening drinks, weekend lunches or just day-bed napping, your outdoor space is an essential place to have, so it's worth investing a little time to get it looking its absolute best. Be inspired by all these gorgeous ideas and start putting your own plans into action. ►

1. Carry the look and comfort of your indoor family room into your backyard with all-weather wicker furniture, deep cushions and punchy outdoor fabrics that add brilliance beyond the blooms.

2. Create a colourful wall panel for your garden with basic materials – a timber frame, fibre-cement sheeting (blue board) and textured paint (try an aqua blue). Place a potted plant, like this standout white agapanthus, in front to make a lush vignette.

2





Shop the look

Compaq 7-piece outdoor lounge setting, \$2999, Domayne.



Motyaj Anafi water feature, \$244.95, Zanui, available bhgshop.com.au

Canopy cushion in Coral, \$49.95, Kas.



For shopping details, see Stockists page

3. Extend your outdoor living with a cosy heat source. Swish gas fire pits and ethanol burners, not to mention the more affordable wood-burning variety, are available at hardware stores.

4. Save on pricey paving with inexpensive crushed granite. It packs down to create a stable – and virtually no-maintenance – surface for furniture and foot traffic. Another idea is replacing the large pot plant with an impressive urn water feature to crank up nature's soundtrack.



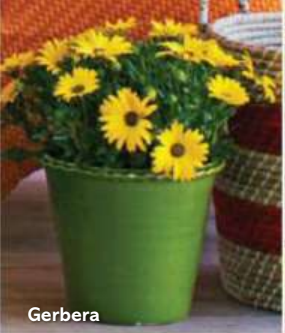
Design tips

- Include lighting to add sparkle in the evening. Solar-powered path lights and candles are both atmospheric and don't need a power source.
- Mix up floor textures, such as crushed granite, large pavers and decorative pebbles, to create transitions.
- Use a colour theme to unite your plant containers and furniture, and don't be afraid to toss in a splash of contrast.

5

5 & 6. Space is just an illusion! A DIY mirrored screen (above) can play visual tricks – an abundance of flowers seemingly flourishing on one side of the screen conceals this secluded seating area on the other.

6



Gerbera



Agave



Achillea



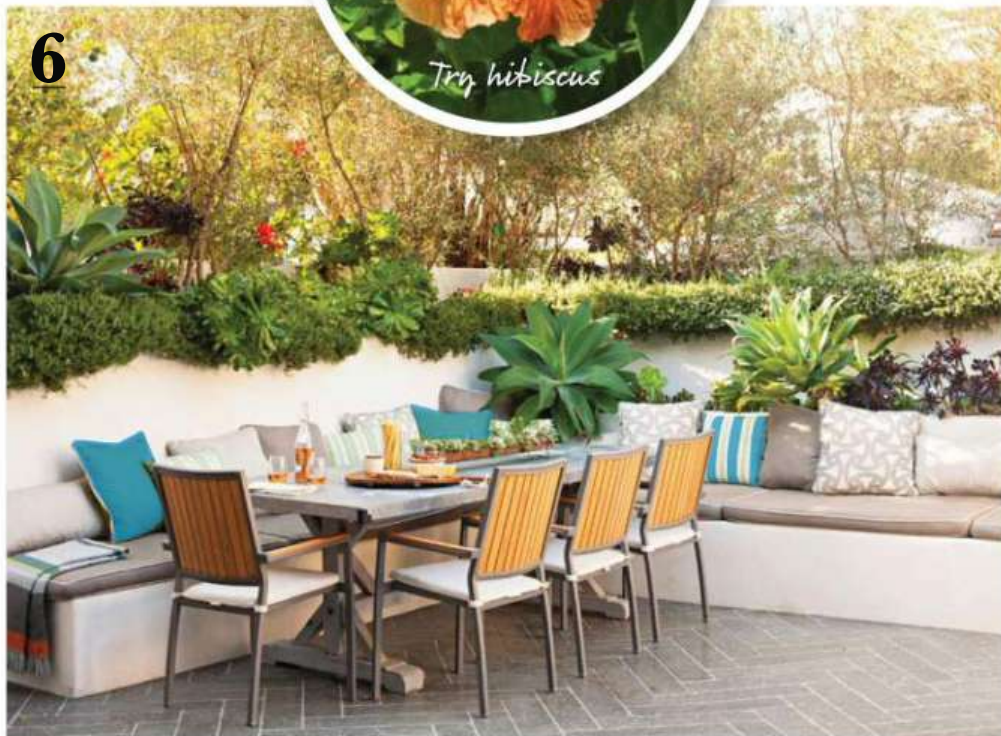
Try hibiscus



Design tips

- In small outdoor areas, save space by reducing garden beds and instead using climbers on vertical surfaces and pots as accents.
- Try thinking of outdoor rooms as scenes within the garden and set-dress them with decorator items such as cushions, lanterns, ornaments and even bunches of beautiful cut flowers.
- If your outdoor area has a roof, consider installing a ceiling fan – marvellous for summer nights!

6



7



6. A fabulous design approach for courtyards is a built-in L-shaped bench. You can use it for lounging, or pull up a wooden table and chairs to create an instant dining zone.

7. Design your deck for both conversation and to entertain guests of all ages. The beauty of outdoor living is you never feel hemmed in by walls. Curtains deliver privacy and a touch of polish.

8. Brilliant colour – try a fizzy tangerine – puts a happy face on the duller of spaces. You can buy similar armchairs or have a go at refreshing mismatched pieces with sprayed-on exterior paint. Sure, you'll need to prep clean each piece but your efforts will be well rewarded. Love the contrasting piping of the day bed mattress!



13
ISSUES OF
**Better
Homes**
and Gardens.
**WHEN YOU
SUBSCRIBE**

Turn to page 226

8

Shop the look



Dover Mason Radcliffe Orange Outdoor Chair, \$144.95, NF Living Matador Ivory Stool, \$175, Casa Uno Solero glass charger plate 48cm, \$79.95, all Zanui, available bhgshop.com.au

Colour your wicker orange

and now for
more ideas...



Hydrangea



Cymbidium



Peony

Design tips

■ Pergolas are brilliant for creating a breezy 'room' with a light sense of structure. To ensure they're useable in summer, train climbing plants over the top for shade.

■ Consider including storage in areas you use a lot. A dual-purpose storage seat is great for stashing cushions and other open-air essentials.

■ Mix up your outdoor furniture selection to suit your leisure needs – day bed, comfy chairs and dining chairs can all belong here.

9. If you've ever admired the iconic beach huts on Melbourne's Brighton Beach, you might like your very own in the backyard – they're great for garden storage. Google 'timber sheds' for a style and price to suit. Then, all you need is a steamer chair. Bliss!

10. Think outside the square and add a curve to your pergola for a more relaxed feel. Use shrubs in matching tubs to soften the base of the posts, then unfold the deckchairs. Nice!

11. A deep verandah is the canvas for a wonderful outdoor space. Protected from the elements, you can include wicker furniture, a rug, coffee table, even lighting. And how about that hammock? ►



9



Try gardenias

10



11

Shop the look

Mayan Legacy
cotton hammock,
\$129.95, Zanui,
bhgshop.com.au

Multi-stripe
cotton
picnic
throw, \$59,
West Elm.

Kalahari Outdoor
Cube Ottoman
in Orange, \$60,
Furniture Runway.

For shopping details,
see Stockists page





Wisteria



Petunia



Allium

Design tips

■ In confined gardens and courtyards, use every inch of available space. For instance, your tabletop can double as a herb-growing zone.

■ Always have a shading option at hand, such as a large market umbrella. A sun-drenched spot may be lovely in spring but way too hot in summer.

■ When choosing outdoor furniture, always check its weather durability – and pick up a few plastic covers, too.

12. In a walled courtyard, use a focal point like this metal-sheet water feature to draw the eye. And try a green scheme for the plantings – clipped box spheres and a cluster of herbs in pots.

13. Who said green and blue should never been seen together? Mother nature does it all the time and so can you! Go to town and paint your deck, posts and exterior walls a gorgeous indigo purple.

14. If you have a lovely leafy deck on offer, keep it simple with classic wicker furniture and a haze of purple flowers – here wisteria and allium. ►

12



Try Duranta

13



Photography GAP Photos/Jenny Lilly, iStock design Yvonne Matthews/Andrew Richards. GAP Photos/Fiona McLeod



Shop the look

Faceted lantern,
from \$69,
West Elm.



Jumbuck
rattan gas
outdoor patio
heater, \$229,
Bunnings.



Roma rattan
3-piece setting,
\$699, Zanui
available bhg.
shop.com.au

For shopping details,
see Stockists page



Cordyline



Heuchera



Iris



Design tips

■ If you're unsure, use a compass to work out the aspect of your outdoor living zone. West-facing areas need evergreen screening plants for summer, while north-facing ones benefit from deciduous trees for winter sun and summer shade.

■ Consider including outdoor heating options for winter. Fire pits are widely available and can be placed anywhere. Outdoor gas fires are a pricier option but look and feel fabulous.

15



16



15. Even in compact city gardens, you can include a range of places to relax – maybe a dining area by the back door and a built-in deck further into the yard. Use massed foliage plants to separate and soften.

16. Make use of your exterior walls for a built-in water feature and raised garden beds, softening hard corners with a free-form 'rockery'. And if you're a bit lazy when it comes to gardening, say yay to low-maintenance greenery!

17. Create a nook in a corner of your garden where you can happily escape. Elevate its status with a step or two. Synthetic wicker is a lifesaver as it can stay out, easily hoses clean and comes in all shapes, sizes and price points. ►

17

Shop the look

Desert Rose
(orange floral)
picnic or beach
rug, \$70,
bhgshop.com.au



Jardine Bench (cushion sold
separately) 157cm, \$449, and
188cm, \$499, West Elm.



EPVY Design Studio
Totem 3-piece
outdoor lounge set
in Green, \$399,
Zanui, available
bhgshop.com.au

For shopping details,
see Stockists page





Phormium



Buxus



Grapevine



Design tips

■ Explore the possibility of using water as a feature within your outdoor haven. Still water (in a bowl or pond) creates a sense of serenity and reflection. Moving water features introduce sound to the scene – nature's music!

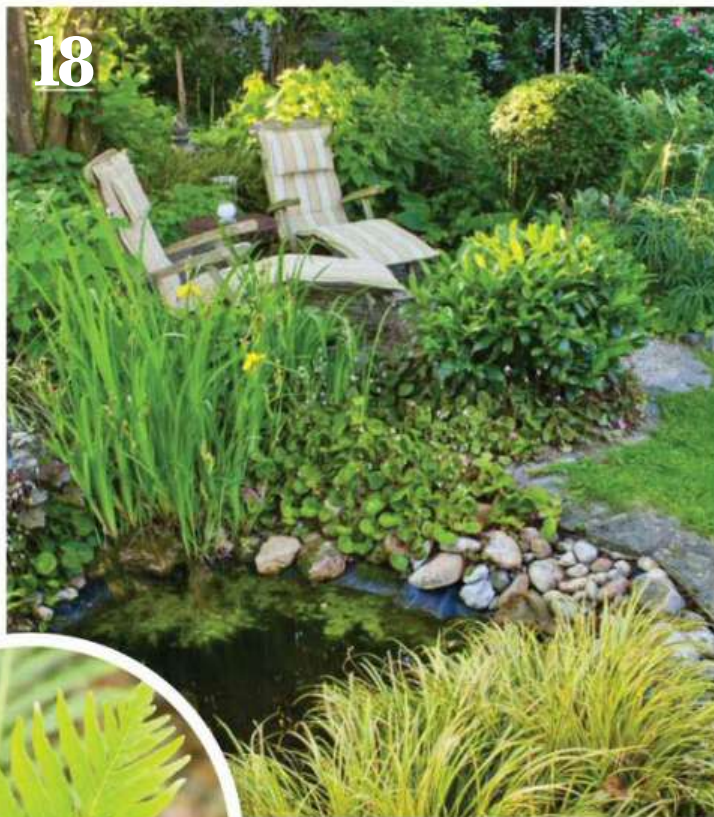
■ Think beyond the immediate sitting spaces to the landscape beyond – ensure you have a green view and plenty of privacy. Use lots of evergreen foliage and add potted flowers as seasonal highlights.

18. If you just don't love the hardscaped patio look, create your outdoor haven among the greenery instead – pond optional!

19. Make narrow outdoor spaces feel larger by using light-tone fences and restricting plantings to the rear. And use slim-line furniture to save space, too.

20. Rustic Mediterranean-inspired outdoor rooms are undeniably appealing. A pergola is a must, as are vines. As for the rest, let nature take its course by allowing walls and pavers to weather, go green with moss and age gracefully. Last but not least, source a mix of furniture – new and/or old – and soften seating with individual cushions. ►

18



19



Shop the look



Mercer Alfresco set, from \$2149, Zanui.



Fenton outdoor rug, \$90, Eco Chic.

Flameless Candles, from \$29.95, Enjoy.



For shopping details, see Stockists page



Croton

Caladium

Palm

Design tips

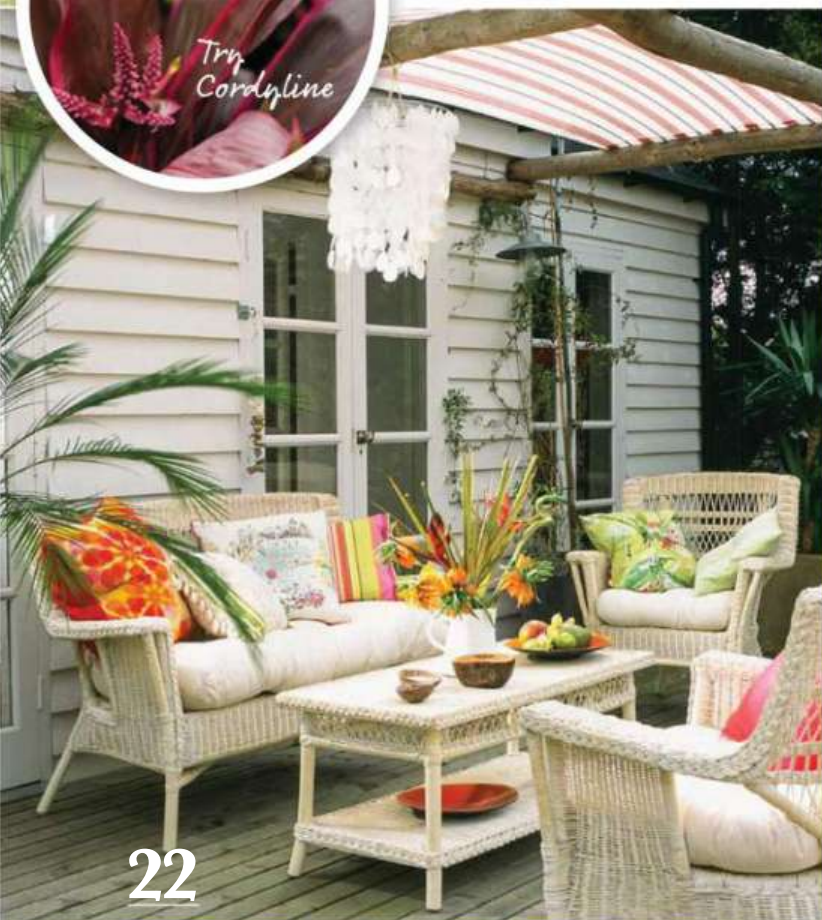
- **Accessorise your space** with cute garden ornaments, and repeat favourite indoor colours outside in the form of cushions and throws.
- **Choose outdoor furniture** styles that suit the look of your garden. And make sure they're moveable so you can change the space around.

21. Give your deck the look and feel of an outdoor 'room' with an outdoor rug. Made of synthetic materials, this one is fade- and weather-resistant!



Try
Cordyline

22. North- and west-facing decks need to be shaded. The options include a garden umbrella, an expensive-to-build cover or a shade cloth. Check out this ingenious canopy supported by tree trunks.



Shop the look



Vivid Elements Carafe in Red, \$57.95, Royal Hamam My Multi Coloured Cockatoo cushion cover 45 x 45cm, \$59.95, Maxwell & Williams Arcobaleno tumblers in Yellow, \$29.95 set/6, all Zanui, available bhgshop.com.au

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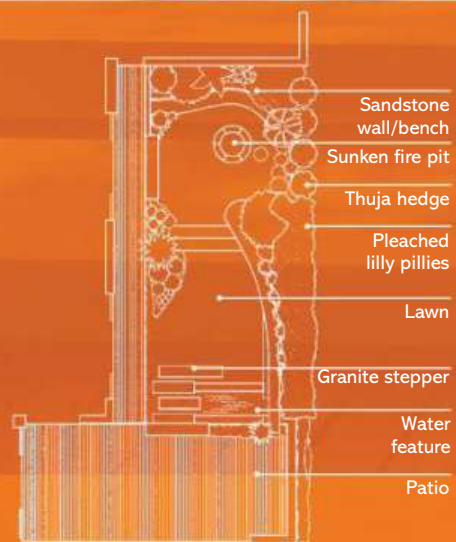
1 Modern MINIMALIST

1. Make the most of your space by doubling the duty of your landscape features. Here, a stacked sandstone wall also acts as seating around a sunken fire pit.

Embrace your small backyard and discover its BIG potential with these expansive tips

Small gardens are truly a blessing in disguise, so don't lament your little yard! You can still create a beautiful and functional area without sacrificing looks, practicality or privacy. Just look at these two courtyards for inspiration. Both have been designed to maximise the opportunities in a limited space and still include living, entertaining, growing and even play areas for the family, too. ►

2. Go for bold and include large sculptural plants in your garden to give height and interest. Try *Echium fastuosum*, *Furcraea foetida* and *Thuja* 'Fastigiata'.



■ Walking into this garden you'll instantly notice its modern feel. The use of clean-cut edges, contemporary materials and architectural plants help make this diminutive 60m² space feel larger. It includes entertaining and play spaces, a custom water feature, sandstone feature wall and sunken fire pit. The secret? By blurring the property boundary lines with pleached trees, screening plants and incorporating subtle level changes, it is transformed from a compact courtyard to a show-style garden.

DESIGN: Impressions Landscape - Design, 0417 046 087, impressionslandscape.com.au

3. Create the illusion of a bigger backyard by playing with levels. Subtle changes, like two floating steps, help give emphasis to vertical elements and can divide areas into functional zones.



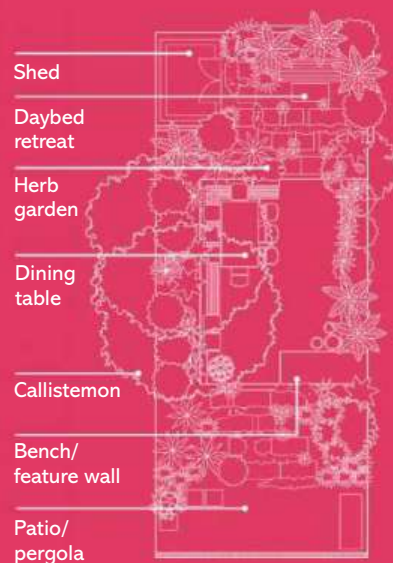
2 clever designs for little spaces



2 Inner-city SANCTUARY



■ It's easy to feel claustrophobic in a small garden, but clever design can make a 90m² area feel expansive. By dividing into functional zones and separating with screens and plants, this courtyard manages to have it all – entertaining, lounging, dining and dedicated garden areas. Stepping stones and pavers ease the transition between zones, while pot plants, raised garden beds and a sandstone feature wall add flair. The look is completed with bright cushions and quirky ornaments.



5. When picking out your furniture, look for simple but modern pieces, like this Waratah dining table and Jak chairs. Light pieces can make your space feel less cluttered.

DESIGN: Adam Robinson Design, (02) 8542 0317, adamrobinsondesign.com
Construction: Quercus Gardens, (02) 9387 1155, quercusgardens.com.au



6

6. Don't let a small space cramp your style! Here, a pergola connects inside and out, turning the courtyard into an entertainment hub. Bench seating is a great space saver, while a sandstone bench adds a rustic finish.

7. Dividing your courtyard doesn't mean blocking your view. Create a cosy space with decorative screens. Look for them at your local hardware or garden centre.

For shopping details,
see Stockists page

7





8

8. By dividing a small garden into functional zones, you'll find you can actually squeeze a lot in and create a warm and inviting space.

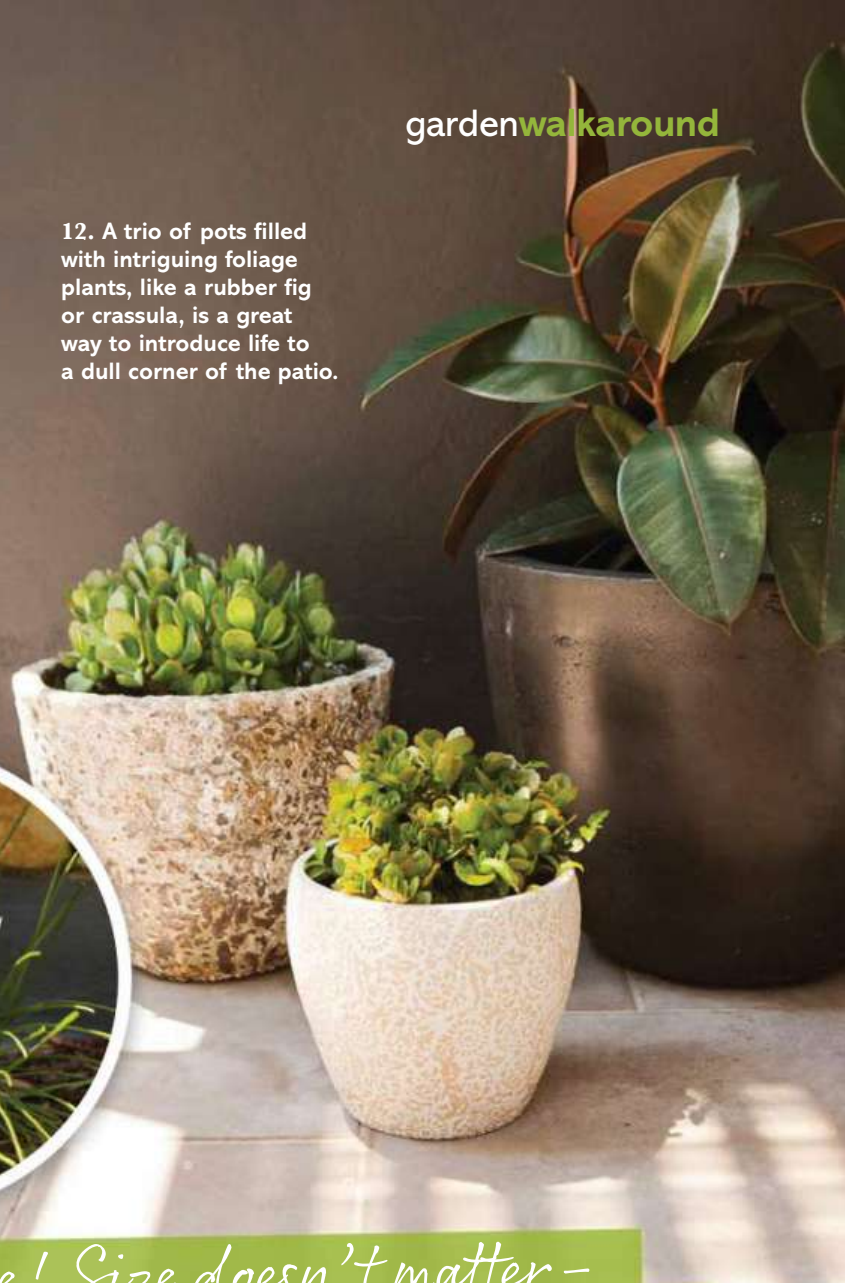
9. Liven up the barbecue area with a sprinkling of potted greenery.

10. Compact composters are ideal for tight spaces. Plus, you can easily drain the liquid and put it straight in the garden for a hearty feed!

11. This cute wee rabbit offers a visual break among the greenery. Try including ornaments throughout your garden for colour and interest. ►



Storm lily



It's true! Size doesn't matter - it's how you use it that counts



9



10



11

and now at your place...



BEFORE

steps



STEP 2



STEP 3



STEP 4



STEP 5



13. Liven up dull walkways with a stylish path. To add interest, a few pavers are cut to different sizes.

Dichondra

BUILD A PAVED PATH

Create your own stepping stone path from pavers cut to different lengths. It's ideal for odd-shaped courtyards or the side of the house. Lay out asymmetrically and complement with plantings, to transform your thoroughfare from drab to dynamic.

Gather your supplies

- Pavers (we used 600 x 400 x 40mm Euro Stone in Prague)
- Mortar mix
- 80mm and 150mm black lava rocks
- Plants (we used *Cordyline* 'Pink Diamond', *Dianella* 'Silver Streak', *Lomandra* 'Lime Tuff', *aechmea* and *dichondra*)

You'll also need

Shovel; mattock; rake; tape measure; marker; safety glasses; ear muffs; diamond blade brick saw (hired); rubber mallet; pegs; stringline; wheelbarrow; brickie's trowel; improved garden mix; sponge; spirit level

Here's how

STEP 1 Use shovel and mattock to remove turf and excavate 60mm of topsoil to allow for height of paver and mortar bed. Level site with back of rake.

STEP 2 To cut pavers into shapes, measure and mark a couple of pavers into halves and quarters. Measure and mark pavers both crossways and lengthways for a variety of shapes. Wearing safety glasses and ear muffs, cut pavers with brick saw. Set aside.

STEP 3 In centre of path or in desired position, use mallet to hammer in pegs at both ends and run stringline between. Set stringline to finished height of pavers and ensure taut. Arrange edges of paver along stringline, spacing them at least 150mm apart and alternating between sizes for visual interest.

Tip Use existing bricks or pavers to hold stringline in place instead of pegs.

STEP 4 In wheelbarrow, mix up mortar according to manufacturer's instructions. At beginning of path, remove paver and shovel a bed of mortar onto ground so it is roughly size of paver. Use brickie's trowel to create air gaps in mortar. Dampen underside of paver with sponge, lay on top of mortar and push down. Use rubber mallet to tap into place, checking level and adjusting as necessary. Repeat to lay adjacent paver.

STEP 5 Repeat Step 4 to lay remaining pavers, staggering layout of pavers. Ensure distance between pavers is uniform before tapping into place.

STEP 6 Once finished, plant up around pavers and backfill with improved garden mix. Scatter lava rocks along sides of pavers.

For project details, see Stockists page

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Feast your eyes on this luscious lot and transform a compact suburban block into a larger-than-life tropical oasis

Lush verdant foliage, wild sprays of colour and a Balinese pavilion to shade you from the relentless summer heat – sounds like an ideal tropical getaway, doesn't it? But you don't need to hop on a plane to get there, it's all a stone's throw from your back door. Planning and determination is the secret to this fabulous and flourishing garden. Begun just four and a half years ago, this young landscape is only 80m² and packed full of the inspiration you need to create your own backyard oasis.

Welcome to
paradise



1. To achieve the tropical look, you will need to plant in layers. Tall, leafy plants towards the back of the garden will provide structure and a jungle-like canopy, while medium-sized shrubs in the middle will add variety and interest. Finish with groundcovers and 'mulch' with pebbles to complete the look.

2. A Balinese hut, complete with a thatched roof, is a sweet escape on a hot summer's day and looks idyllic, too. Find DIY kits online. ►



*Top 10
tropical-
style plants*

- Anthurium
- Calathea
- Croton
- Pleomele
- Cordyline
- Palms
- Ferns
- Rhoeo
- Flowering
gingers
- Bromeliads

Croton

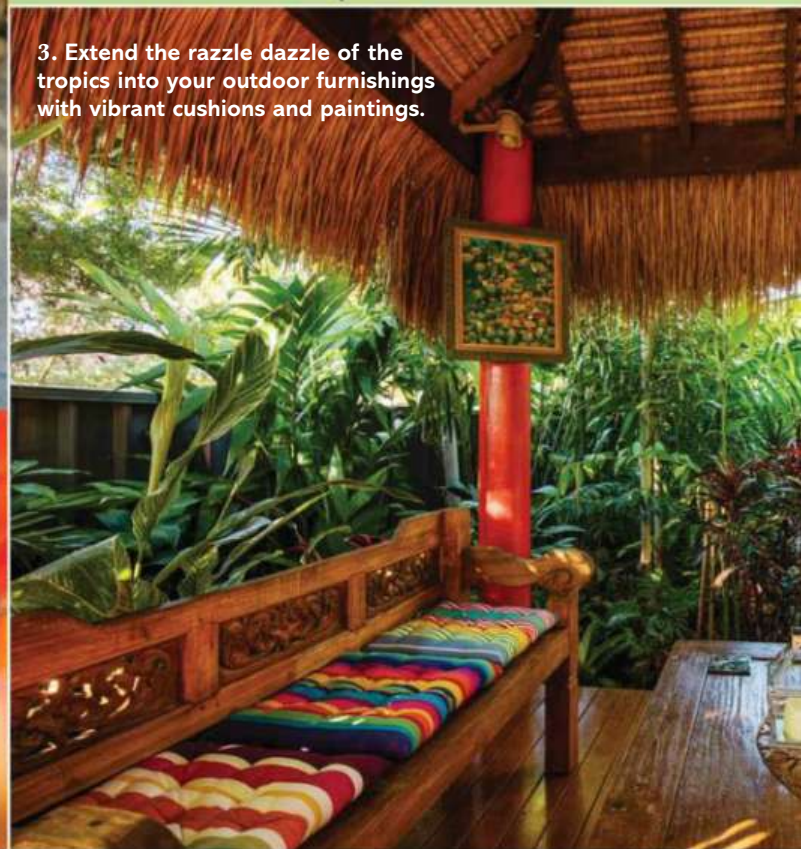


Elephant's ear
(*Xanthosoma robustum*)



Pleomele

3. Extend the razzle dazzle of the tropics into your outdoor furnishings with vibrant cushions and paintings.



About the garden

Located in Coffs Harbour, NSW, this homage to Bali was designed and created by Gavin Reid. His love of tropical plants and the desire to build a sanctuary within his backyard led him to densely plant out his compact property with a great combination of foliage plants of various heights, colours and textures. There is even a small Balinese pavilion thrown into the mix to help cement the tropical look. But the success of the garden lies within the soil, which had to be removed and replaced with rich, friable garden mix to allow the plants to flourish as they do.



Rhaps palm



Anthurium



Calathea

4. Who needs flowers when there is so much to admire and enjoy in the shapes and patterns of these foliage plants? Here, *Cordyline* 'Kiwi', croton and pleomele come together to build a dramatic display of colour.



Croton



LOVE THIS GARDEN?
Scan this page with the free **viewa** app for more images and inspiration.

1

OMG, sooo
cute!



2

Are you ready to be taken on an adventure? Set aside all you know about traditional gardening and step into this fun, quirky and original landscape. This garden in Cairns has been designed specifically for kids – you can see the playfulness in the fabulous collection of weird and wonderful plants and a bizarre mix of store-bought and handmade ornaments, but the real talk of the town is the steam train hedge and its team of cute furry conductors! Every corner of the garden is packed with elements to entice you further and encourage exploration. So, be refreshed by this unique landscape and let it inspire you to garden to the beat of your own drum.

1. What a hoot! Look for this guy or similar at your local bargain store and pop him in the foliage.



Bougainvillea

3



4



2. All aboard – the replica Q150 steam train is shaped out of an existing privet hedge.

3. Oh, Jiminy Cricket! This wise little fella will watch carefully over your garden.

4. Keep your eyes on this little birdy – we don't trust those peepers!

5. Woof, woof! Don't forget to give this happy pup a pat on your way out.

What do you get when you mix one man's quirky character with his love of gardening? A fun-filled landscape just waiting to be explored! Join us for the ride

Doing it for the kids

Callistemon

About the garden

This enchanting garden is the creation of retired railway worker John Lewis, who used his love of gardening to make a landscape his grandkids could also enjoy. His popular steam train hedge is decorated with recycled bits and bobs. As interest grew in the train, Lewis included a 'dry coral' garden, with seashells and coral collected by him and friends (the kids love it), and filled every nook and cranny with fun ornaments and lively plants. The garden is open for select weekends throughout the year and all proceeds go to The Kids' Cancer Project.



5



playtime

Echeveria



6



7



8

Euphorbia trigona

See it!

When 19, 20, 26 and 27 September, 2015

Where 12 Russellia Street, Redlynch, Cairns

Cost Gold coin donation. All proceeds are donated to The Kids' Cancer Project.

More info Call John on (07) 4039 4008

6. Seek out cute tin ornaments like these guys from garden centres or bargain stores. They instantly perk up a yard and give it a sense of fun.

7. This adorable weathervane will pass with flying colours in your garden.

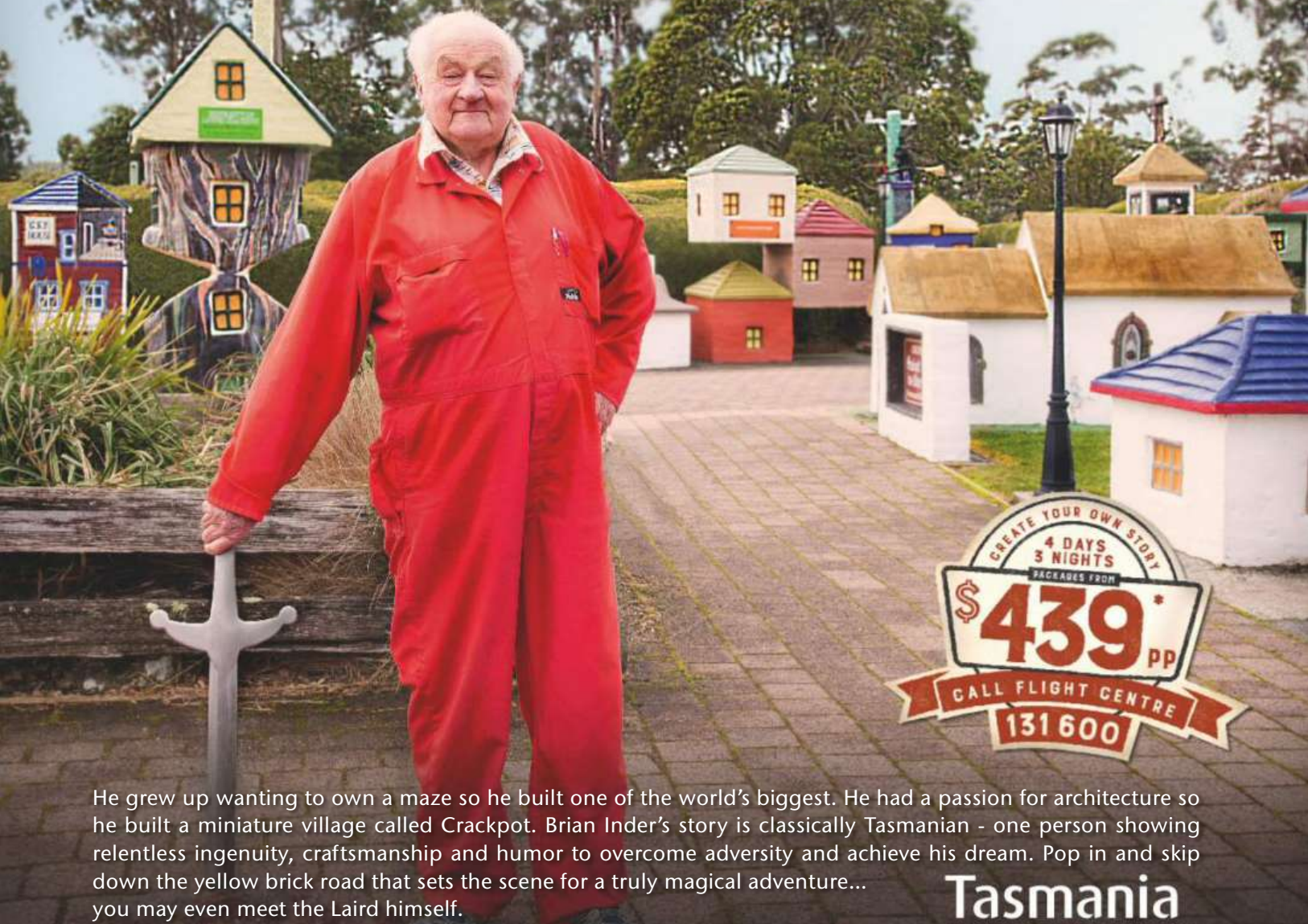
8. At home in far-north Queensland, the cassowary is Australia's heaviest flightless bird – the emu is taller.



LOVE THIS GARDEN?

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The LAIRD of CRACKPOT



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1



2



3



4

1. T-rex may be extinct, but this fella made from a recycled car bonnet comes close to bringing him back to life.

2. This cheery little musical guy would make the perfect letterbox.

3. Display your artworks loud and proud – the side of a shed is perfect.

4. Dude, where's the rest of my car? Have fun with welding – it's not heavy work.

5. Stand and deliver! Shovels, oilcans and sinks went into this Ned Kelly sculpture.

6. Polly want a cracker? A bold-as-brass cocky makes a screeching statement.

7. Try smuggling these pool-ball budgies and their friends into your home! No need to weld, just fasten forks and spoons onto objects with rivets. Easy!



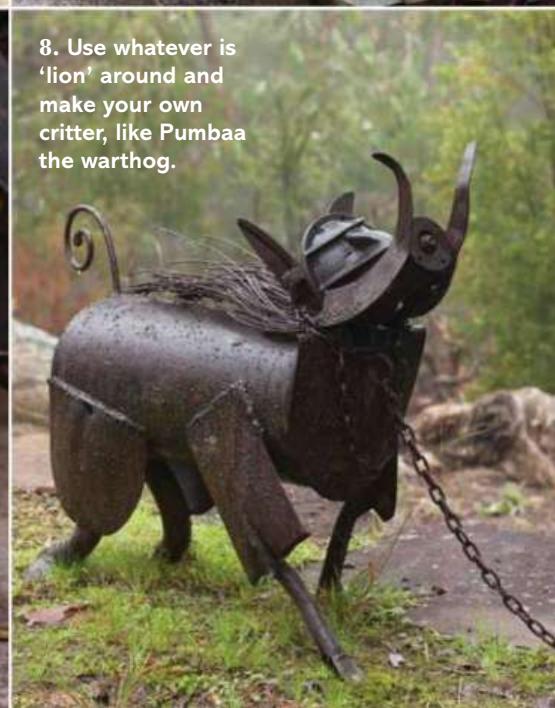
5



6



7



8. Use whatever is 'lion' around and make your own critter, like Pumbaa the warthog.

it's a MAD, MAD weld



Waste not, want not! Look at and love the creative possibilities when you see scrap or 'junk' in a new light

Looking for a stunning showpiece for your garden? Welded sculptures are ideal for imparting old-world charm and character. Just check out this wonderful collection by Sydney artist Christopher Hartshorn. If you want to give welding a red hot go, all you need is a bit of imagination, a MIG welder, scrap pieces and basic welding skills. Check your local community colleges for welding workshops. To get you started, check out the porker of a project on the next page. ►

9. One man's trash is another man's treasure. However, just make sure you have room to store it all! Ten hectares of bushland ought to do it.

10. Sparks will fly between these two! Make your own from scrap pieces with a MIG welder.

Handy tip
Use an angle grinder to expose metal at the site of each weld – it makes it easier to form a bond.

steps



STEP 1



STEP 5



STEP 2



STEP 6



STEP 3



STEP 8



STEP 4



STEP 9

PIGS MIGHT FLY

Make your own little porker! He'll hog the limelight in any garden and is easy to make in an afternoon!

Gather your supplies

- Steel gas cylinder for body (be sure it contains no gas. Valve must be removed)
- Round-ended shovels for ears and wings (2)
- Curved 'leaves' from leaf springs for legs and feet (4)
- Jerry can
- Spiral spring for tail
- Ball bearings for eyes (2)
- Washers for nostrils (2)

You'll also need

Safety glasses; earmuffs; dust mask; welder's gloves and mask; MIG welder; angle grinder with cutting disc and flap disc; chalk; Penetrol paint primer; paintbrush

About the artist

Christopher Hartshorn, known as Jangling Jack, is a Sydney artist who makes sculptures out of scrap metal, turning junk into works of art. He has featured in solo and group exhibitions and his work can be seen at Traffic Jam Galleries and Ferry Artists Gallery. For more details on his work or to purchase sculptures, visit janglingjack.com.au or call 0428 488 638.

Here's how

STEP 1 Wearing safety glasses, earmuffs, dust mask and gloves, use angle grinder with cutting blade attached to remove any unwanted handles from cylinder. Remove cutting blade and attach flap disc to angle grinder and use to remove any surface rust and bumps to create a smooth surface.
STEP 2 On underside of 1 shovel, use chalk to draw 2 pointed wings. Draw 2 small pointed ears on underside of other shovel.
STEP 3 Attach cutting disc to angle grinder, then cut out wings and ears. Remove shovel head from shaft and trim wings and ears to shape.
STEP 4 Cut a short piece from end of each of the 4 leaf springs; these will be feet. The rest of leaves will form legs. Ensure they are equal length.

STEP 5 Reduce length of neck nozzle on cylinder.

STEP 6 Remove neck and cap from jerry can and insert into neck of cylinder as snout. Adjust as necessary.

STEP 7 Cut a short piece from spiral spring for tail.

STEP 8 Wearing welder's mask and gloves, position 1 leg on side of cylinder and weld together. Repeat to attach remaining legs, eyes, ears, wings and tail to body.

STEP 9 Weld feet onto legs.

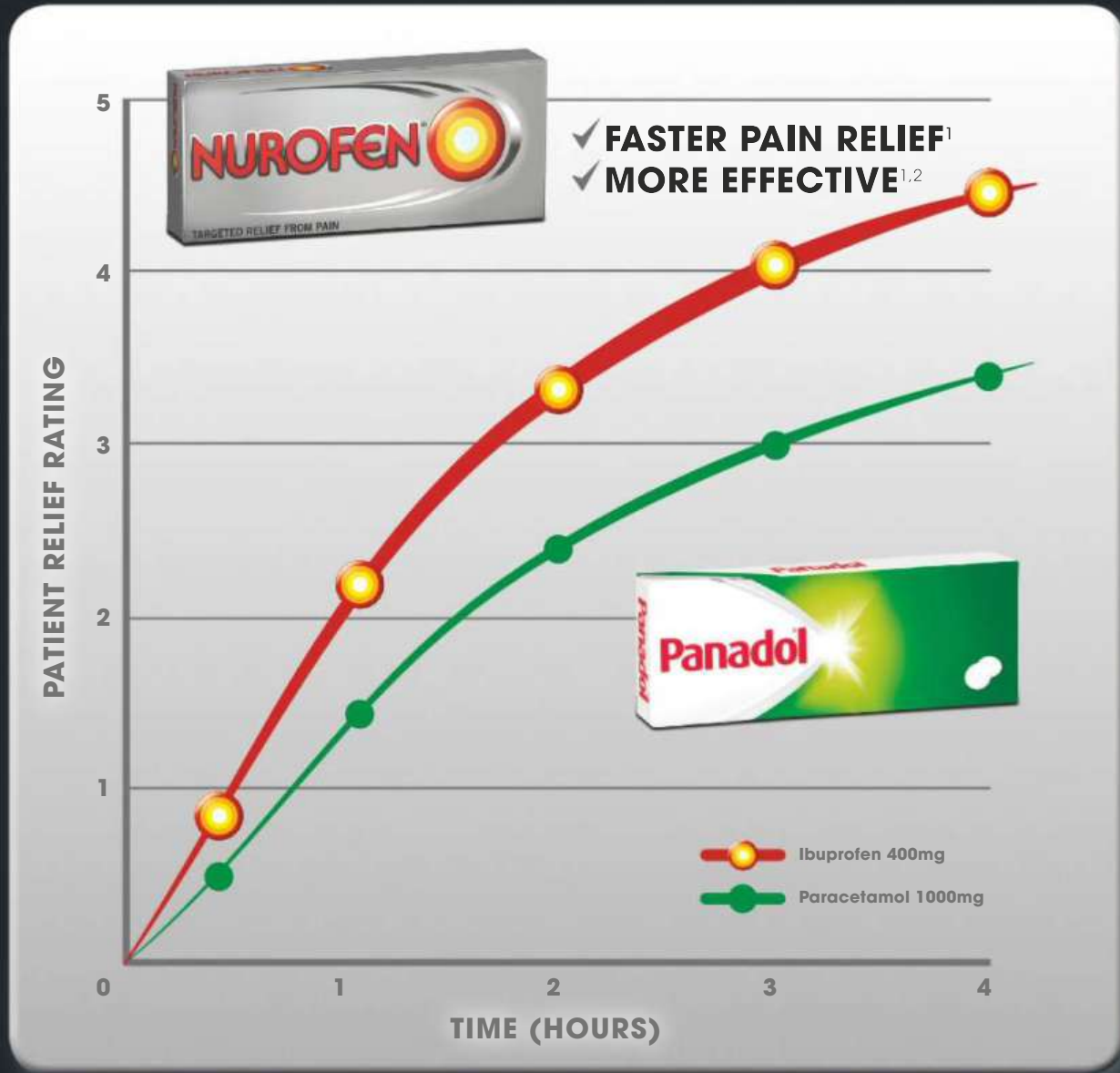
Weld 2 washers onto snout.

STEP 10 With paintbrush, coat pig in Penetrol. This dries to a protective surface, minimising corrosion when pig is outside.



Photography Brent Wilson

NUROFEN IS SUPERIOR^{1,2} TO PARACETAMOL² FOR COMMON HEADACHES²



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Always read the label, use only as directed. Incorrect use could be harmful. If symptoms persist consult your healthcare professional. 1. Schachtel et al. 1996, Steiner et al. 2007, Fasters refers to complete relief 2. 80% of the people will experience tension-type headaches 3. Moore et al. 2014, Norholt et al. 2011, Schlefer et al. 2007.

lawn**care**

Check for weeds

Before you start feeding your lawn, it's important to give weeds the flick – otherwise you'll end up feeding them too! Small lawns can be hand-weeded, but for larger areas it's easier to use a herbicide formulated to kill the weeds but not the grass. These products are available from nurseries as ready-to-use sprays or as concentrates that can be mixed up and applied via a watering can or spray bottle.

2 De-thatch

Lawns can become spongy over time as a layer of dead grass, known as thatch, builds up at the base of the grass. The problem with thatch is it prevents water and air from getting through to the roots. So in early spring, before you fertilise, remove the thatch layer by going over the entire lawn with a metal-tine rake. Press down firmly as you pull the rake in long, even strokes to remove as much thatch as possible. The result is a cleaned-up lawn, ready for aerating and feeding.

4 Give it a feed!

Having cleaned up and aerated the lawn, the next step is to feed it. This is when you'll really see changes. Granular lawn foods are the best choice at this time of year, especially those that offer long-term gentle feeding, such as Yates Lawn Master or Scotts Lawn Builder Plus Organics. Spread them evenly by working in sections across the lawn and water in well after application. Later in the season (late spring and early summer), you can quickly green up the lawn by using one of the hose-end liquid lawn fertilisers – these are great for using before parties and other social events.

Mowing heights

Lawns don't appreciate being mown too low (aka 'scalping'). While you might think you're saving yourself work, you're actually creating unhealthy turf. Exposing the soil causes the ground to dry out quickly and creates space for weeds to invade, so lift your mower to a height suited to the particular type of turf you're growing. Here's a general guide:

Note Use the upper height measure for winter mowing and the lower for summer.

Couch	15–30mm
Buffalo	30–50mm
Kikuyu	30–50mm
Queensland Blue Couch	15–30mm
Carpet Grass	30–50mm
Zoysia	15–30mm



The colour of magic

If you've been dreaming of instantly turning your lawn green, that dream just came true. ColourGuard, from Lawn Solutions Australia, is a natural turf grass colourant that's simply sprayed onto the grass to produce an instant vibrant green effect. Made from natural ingredients that won't harm the health of your turf, it delivers micron-sized organic pigments into the tiny pores of the lawn leaf tissues. The result is a verdant green lawn at any time of year, even during winter in frost-prone areas! It can be applied easily to small- and moderate- sized lawns using a knapsack sprayer. For more details, see lawnsolutionsaustralia.com.au or call 1300 883 711.



IF YOU
WANT TO
MOW IT, THEN
YOU GOTTA
grow it!

green scene

Get off the grass and give your lawn a glorious springtime treatment!

The secret to having a gorgeous summer lawn is to give it TLC in spring. As temperatures rise and the soil warms, grass begins to flourish. With a little effort you'll see that pallid, post-winter patch transform itself into a lustrous green sward – so the grass really will be greener on your side of the fence!

Make a beeline to your nearest garden centre and check out the glorious new line-up

Show & smell

The best inspiration at this time of year is as close as your nursery, where the annual rollcall of new-release plants for spring has hit the shelves. Maybe you need to brighten up your front-door tub, fill an empty bed or refresh your food patch – whatever your needs, there are so many possibilities. It's time to get planting!

1 This year's newest kangaroo paw is *Anigozanthos* 'Anniversary Gold'. A special release to celebrate 50 years of the Botanic Garden in Kings Park, Perth, it is the latest addition to the Bush Gems range of kangaroo paws, and offers all their usual traits as well as being tolerant of light frosts. Flowering from autumn through to spring, it's drought tolerant and suits a full-sun position.

* Height: 1m
* Width: 60cm

1

2

3



2 **Blue is the new black** when it comes to gardens and *Evolvulus* 'Blue My Mind' is one of this season's stunners! A total heat-lover, this striking vivid-blue annual blooms in the driest conditions, making it perfect for pots and hanging baskets. Its flowering season extends from spring through to autumn.

* **Height:** 30cm
* **Width:** 30cm

3 **All hail the new princess lily,** *Alstroemeria* 'Felicia'! Compact and colourful, this robust perennial can be grown in pots or in the ground, gracing gardens with its showy yellow flowers for up to nine months from early spring. Growing from rhizomes, princess lilies are very robust plants with good drought resistance.

* **Height:** 30cm
* **Width:** 40cm

4 **Incredibly tough** and a good source of nectar for bees, birds and butterflies, *Agapanthus inapertus* hybrids thrive in tough conditions. They'll flower in full sun to part shade, and suit coastal regions and areas of light frost. If you're looking for subtle colours, try A. 'Silver Lining' with its delicate lilac flowers but if you want to make an impression, try the striking, almost-black weeping flowers of 'Midnight Cascade'.

* **Height:** 60–80cm
* **Width:** 60–80cm



Midnight Cascade



5 **Take a look at this new** *Osteospermum ecklonis* 'Blue Eyed Beauty'. Butter-yellow, daisy-like flowers with a vibrant navy-blue disc are produced over a long period from spring through to autumn. A hardy compact perennial plant, it prefers full sun but will also tolerate a little part-day shade, and offers great drought tolerance.

* **Height:** 25–35cm
* **Width:** 35–50cm ▶

For shopping details,
see Stockists page

5



4

6

Fabulous new tomatoes

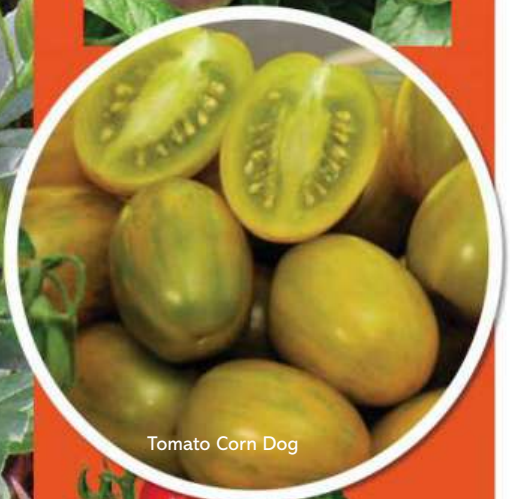
Revive your kitchen garden with a few of this season's new tomatoes – and really tempt your tastebuds!

■ **Tomato Indigo Ruby** is packed with powerful antioxidants.

■ **Tomato Corn Dog** sets a mass of yellow egg-shaped fruits.

■ The name **Tomato Heartbreaker** says it all – about shape and more!

Tomato Indigo Ruby



Tomato Corn Dog



Tomato Heartbreaker

6 Grow your own privacy screen

with the new *Viburnum odoratissimum* 'Dense Fence'. Featuring finer foliage than traditional sweet viburnum, this fast-growing hedging plant is drought- and cold-tolerant, and also moderately frost-tolerant once established.

* Height 3.5m

* Width: 2m

7 If you like *Callistemon viminalis* 'Little John', you're

going to love the newest bottlebrush release – *Callistemon* 'Better John'. An improved version of this popular shrub, 'Better John' establishes more quickly and is easier to grow. It's tolerant of drought and cold, suits full-sun or part-shade positions, and flowers in spring.

* Height: 60–120cm

* Width: 60–90cm

8 When the hot summer sun arrives,

Mediterranean plants like zonal pelargoniums just can't be beaten. Big Splash is the newest member of this gorgeous group of drought-tolerant geraniums suitable for gardens from Perth to Palm Beach. They make the perfect easy-care pot or window-box subject.

* Height: 50–70cm

* Width: 50–70cm

9 Deliciously rich, *Calibrachoa*

'Cherry Red' creates a brilliant cascade of colour for pots, hanging baskets and garden beds. Heat- and drought-tolerant, it can be planted en masse to create a cascade of colour – just be sure to give it free-draining soil. Flowers appear from spring through to autumn.

* Height: 20–30cm

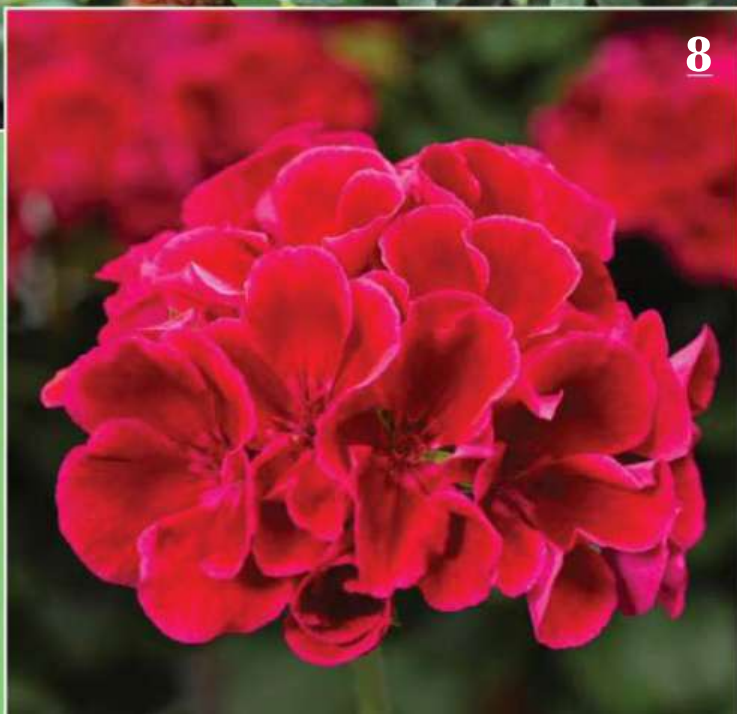
* Width: 30cm ▶

For shopping details,
see Stockists page

*From a riot
of vibrant
colours
to tasty
toms, these
newies are
available to
plant now*



7



8



9



11

10 Flowers provide seasonal beauty, but for year-round interest you can't beat colourful foliage. Well, with *Loropetalum* 'Flame 'n' Gorgeous' you get both! The foliage is a wonderful blend of plum and russet tones, highlighted by pink tassel flowers during spring and autumn. A compact evergreen shrub, it suits either full sun or part shade.

* Height: 1.5m

* Width: 2m

11 Want a carpet of colour, even in the harshest conditions? Take a look at *Carpobrotus* 'Aussie Rambler'. Also known as pigface, this Australian native tolerates everything from frost and drought to humidity and salt-laden winds. It's ideal for coastal gardens, steep slopes and embankments, and it flowers in both spring and autumn.

* Height: 20cm

* Width: 2m



10



12



13

13 When it comes to roses,

David Austin varieties have certainly made their mark in Australian gardens. New for this year is 'England's Rose', a vigorous rain-resistant variety suitable for hedging or specimen planting. Tough and reliable, it produces fragrant deep-pink flowers from spring through to autumn when planted in a full-sun position.

* Height: 1.5m

* Width: 1m

14 Calibrachoa 'Cruze Violet'

is a vibrant, fuss-free annual that's ideal for hanging baskets and pots. You'll enjoy these violet blooms for months through spring and summer. The Cruze range is also available in yellow, rose, lavender, red and pink.

* Height: 30cm

* Width: 50cm

12 Bring a touch of evergreen

elegance to both formal and cottage gardens alike with *Trachelospermum* 'Flat Mat'. A versatile groundcover or climber, this Japanese star jasmine is low maintenance and drought-tolerant. It suits full-sun to part-shade and flowers in summer.

* Height: 30–40cm

* Width: 3–4m

For shopping details,
see Stockists page



14

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both covetable and
comfortable. With
cushioning and arch
support that cocoons
your whole foot, you'll
want to wear them all
day every day.

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— FOR MORE STOCKISTS VISIT WWW.ZIERASHOES.COM



Purple star fruit

Sapodilla

feast for the senses

Ready to give your tastebuds a treat? Delight in the weird and wonderful fruits of the tropics

Move over apples and oranges, there are five new kids on the block! Well, they have been around for a while but their exotic names mean you may have overlooked them. Aromatic and delicious, it's possible to find them at your local Asian grocer but if you're in the right climate zones, why not grow them yourself?

Canistel

Resembling a mango, the canistel (*Pouteria campechiana*) grows into a slender, erect tree that produces yellow-orange fruit. It has the soft consistency of hard-boiled egg yolk and can be eaten fresh or seasoned with salt, pepper or lemon juice.

Height: 5–8m Harvest: 3 years

Star apple

Star apple (*Chrysophyllum cainito*) can either have purple or green skins, but rest assured whichever cultivar you choose, the flesh of both is incredibly sweet and smells divine – like a caramel and vanilla milkshake! In the garden, it grows into a spectacular feature tree with large green leaves that have a vibrant gold underside.

Height: 6–10m Harvest: 4 years

Brazilian custard apple

It may be a strange-looking fruit but the Brazilian custard apple (*Rollinia deliciosa*) is well worth trying, as the flesh is creamy, oh-so-juicy and tastes like lemon meringue pie or lemon sherbet. Yellow or green skinned, the fruit is best eaten fresh or blended with ice-cream.

Height: 5–8m Harvest: 3–4 years

Sapodilla

If you have a sweet tooth but can't afford the kilojoules of a whole tub of caramel sauce, go for a sapodilla (*Manilkara zapota*). When ripe, the rich, brown-skinned fruit tastes like sweet caramel or brown sugar. Chill and eat fresh or add a little cream.

Height: 4–6m Harvest: 5 years

Banana

We all know of the supermarket variety, the Cavendish, but there's also a whole wide world of bananas you may be missing out on! There's Monkey Finger, Dwarf Cavendish, Lady Finger and Red Dacca (pictured), all of which are sweet and delicious. However, growing bananas is highly regulated and needs a permit. Check with your Department of Primary Industries.

Height: 3–5m (depending on variety) Harvest: 1–2 years

WHERE TO BUY

To purchase these fruits online, visit the Daleys Fruit website at daleysfruit.com.au



1



2



3

THINK EXOTIC

For more information on these and other rare fruits, get in touch with Rare Fruit Australia. Call (07) 4098 2664 or visit rarefruitaustralia.org



4



5



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covering YOUR tracks

Give your garden a quick
topcoat and watch it thrive

Major mulch

For a convenient way to handle mulch, seek out mulch pellet products sold by the bag. These are spread onto the soil surface and, when thoroughly wet down, soften to become a uniform surface layer. Lucerne-based mulching pellets, such as Major's Mulch, also have the advantage of adding nitrogen to the soil. For stockists, visit majorsmulch.com.au

Summer is on its way and as the weather warms up it's a good idea to think about heat-proofing your garden. One of the best solutions is mulch. Bare, exposed soil loses water rapidly through evaporation, and the hotter the weather, the faster the moisture disappears. So by insulating the soil surface with a layer of mulch matter, you'll be conserving that moisture for the plant roots to use and saving yourself a whole lot of watering chores at the same time. This means less time working and more time spent sitting back and enjoying the summer garden! ►



Compost

Free if you make it yourself, compost also feeds the soil as it breaks down. Use coarse-textured types.



Fallen leaves

Shred up the foliage of deciduous trees in autumn and compost them in bins or large garbage bags. Works best when mixed 50:50 with compost.



Bark

Available in a range of sizes, from chunky to quite fine, bark is a long-lasting mulch. It's best used around shrubs and trees and for covering large garden areas.



Grass clippings

A free source of mulch, if you mow your lawn regularly. Clippings should be composted for 2–3 months before you use them.



Shredded wood

These mulches are available in a variety of sizes and colours. As they can draw nitrogen out of the soil, spread a layer of manure over the ground before you apply them.



Straw mulch

Derived from sources such as lucerne and sugar cane, they're lightweight, easy to spread and come in bags or bales. Lucerne also releases nitrogen as it breaks down.

Extra attractions

There are several benefits that come with mulching.

The primary is the way it suppresses weed growth, thanks to its blanketing effect – most weeds can't push through the mulch layer and those that do make it are weak and can be easily removed by hand. In addition, weed seeds can't get through to the soil to germinate.

Mulches also have a beneficial effect on soil temperatures by reducing the wide fluctuations that occur at surface level, from baking hot during the day to cold at night. This means less stress for the plant roots, too. And a healthy garden is all about healthy roots – they're the powerhouses of your plants!

Types of mulch

There's a range of materials you can use as garden mulches, but they fall into two main camps – organic and inorganic.

Organic mulches are derived from plant-based materials, such as straw, shredded timber and bark. Over time they'll break down, which has the effect of improving the soil's structure and water-holding capacity. It also means, of course, that

you need to top it up periodically with a fresh layer.

Inorganic mulches are mainly rock-derived – things like pebbles, gravels and scoria. There are also more showy materials available, like coloured crushed glass products, but these aren't all that practical for covering large garden areas.

Because of the lack of soil-enhancing benefits, it's best to restrict your use of inorganic mulches to small-scale decorative uses, such as around pot plants or on small garden beds for colour and interest. Here, you can scrape it back when you need to feed the plant or top up the potting mix.

How deep?

With mulch, there's a 'just right' quantity. Too shallow, and it won't do its job; too deep, and water can't get through to reach the soil. As a rule of thumb, spread a covering 2–5cm thick, using the higher level for coarse mulches such as chunky barks and wood waste products. Keep finer mulches like shredded straw to about 2–3cm, as thicker layers can pack down and become a water-repelling blanket – the opposite of what you want.



Makin' mulch

If you like the idea of using your own garden waste for mulch, then you need a shredder – like the Bosch AXT 23 TC. Electric powered, it will shred all sorts of garden green waste, including branches up to 45mm in diameter, and is low noise. The shredded material collects in a box at the base of the machine, and can either be used immediately or added to a compost bin to rot down. It costs around \$799 – for further details and stockists, visit bosch.com.au

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just cold water

*Refer to the online Godfrey Hirst eco+ carpet maintenance and guarantees booklet for full information.

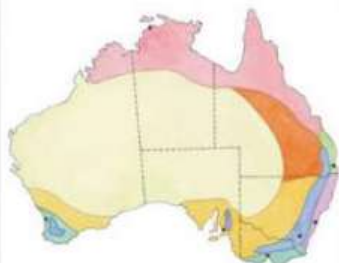
November gardendairy

Gloves on! It's time to feed, weed and mulch



Azaleas

**PLANT
NOW**



In each issue, we give ideas, tips and planting advice for different climate zones, so it's important to find the zone number for your area. Naturally, there will be cooler, warmer, wetter and drier areas in each zone, so ask a horticulturist at your local nursery which zone best matches your conditions.

Key to climate zones



Plant seeds in their imagination and throw down a sunflower growing challenge to the kids.



Flowers

All zones: Alyssum, amaranthus, cosmos, marigold, petunia, phlox, portulaca, salvia, sunflower, verbena and zinnia.

Zones 2-5:

Ageratum, arctotis, aster, calendula, candytuft, carnation, chrysanthemum, cleome, cornflower, dahlia, delphinium, dianthus, godetia, impatiens, lobelia, nasturtium and snapdragon.

Zones 6-8: Celosia, gomphrena, salpiglossis and sunflower.

Vegetables

All zones: Beetroot, capsicum, cucumber, lettuce, pumpkin, silverbeet, squash, sweet corn, tomato and zucchini.

Zones 2-5:

Dwarf and French beans, Chinese and red cabbage, carrot, celery, eggplant, kohlrabi, leek, parsnip, peas, potato, radish, rhubarb, spring onion and turnip.

Zones 6-8:

Snake beans, eggplant, marrow, melon and okra.

Simply succulent

Fancy an inspiring piece of horticultural art in your garden that requires minimal upkeep? Succulents are the answer! It's so easy to create a bowl of succulent beauty such as this, put together by Melbourne garden designer Jhodie Goy. Succulents offer architectural style and come in an amazing array of textures, shapes and tones. Among the best are the rosette-foliaged echeverias, named after 18th century Mexican botanical artist Atanasio Echeverría y Godoy. For the frugal garden artist, try using a collection of cuttings. Use them as an artist would their paint colours, remembering as your succulents grow they dramatically increase in size. For information about Australian native succulents visit australiansucculents.com



WHAT'S NEW



...at the nursery

Colour bursts forth in spring and summer but by late autumn things can get dull in the garden. That's where *Correa* 'Ring A Ding Ding' comes in. If planted now, this hardy native will flower brilliantly with bright orange bell-shaped flowers from late autumn next year through to spring. Bred by Plant Growers Australia, it is compact, dense growing and a magnet for native birds. Grow it as a specimen plant or use for hedging and informal borders. Once established, it is reasonably drought tolerant and performs well in most soil types.



PART SHADE



HEIGHT 50CM



WIDTH 60CM



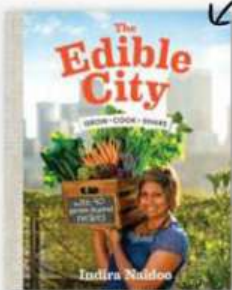
PRUNE AFTER FLOWERING



SLOW RELEASE NATIVE FERTILISER



ALL ZONES

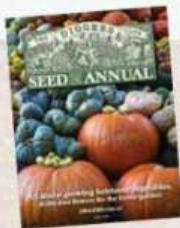


...IN PRINT

After her bestseller *The Edible Balcony*, Indra Naidoo is back, this time visiting Australia's most innovative kitchen gardens in *The Edible City* (Lantern/Penguin, \$45). This clever book offers tips on everything from setting up city gardens to beekeeping and wormkeeping. It's both hands-on practical and philosophical and

includes recipes for 40 of Naidoo's favourite garden-to-plate meals. Extensively illustrated and thoroughly entertaining, it's a must-read for city gardeners.

gardendairy



...IN SEEDS

Discover all you need to know about growing heirloom vegies, fruit and flowers, and what's new in seeds with *The Diggers Club Seed Annual* magazine. Email info@diggers.com.au or call (03) 5984 7900 and mention *Better Homes and Gardens* for a free copy!

...IN YARD ACCESSORIES

Make light work of gardening with Fiskars Garden Light range. Made with high-quality materials, these featherweight tools help reduce fatigue, even when your plot demands a lot of attention. The range includes a pointed spade, square spade, fork and rake with 14 steel prongs, all from \$39.99 each. Available from leading hardware stores.



...in pruning

Trimming and branch cutting is a pesky chore when you don't have the right tools for the job. Lighten up your Saturday workload by arming yourself with the right tools. Choose long-handled shears and loppers for high branches and look for sleek blades to protect trees and shrubs from unwanted damage during pruning. The Sculpt range from Cyclone has a great selection including the bypass telescopic ratchet loppers (pictured), with prices ranging from \$49.98 to \$87. Available from leading hardware stores.



...in plant stands

Inject vintage mid-century style into your potted garden with this hairpin leg metal wire plant stand. Powder-coated and perfect for indoor or outdoor use, it comes in three sizes (prices from \$50 to \$85) and takes standard-size terracotta pots. The standard and large sizes can also hold ice-buckets, terrariums or platters. By Wirely Home, contact 0400 100 596 or wirelyhome.com



...in weedkillers

Eliminating weeds is quicker than ever with Yates Zero Rapid 1-Hr Action Weedkiller. It contains a fatty acid that browns and begins to desiccate the weed in the first hour of application, while other additives optimise the uptake of the herbicide glyphosate, which ultimately kills the weed outright. Available in a 1L spray pack, from \$15.50 at nurseries and garden centres. ►





NATURAL NAUTICAL

1. Delancey Quilt Cover Set by Habitat Queen \$109set
2. Seaweed Wall Art by La Grolla \$184.95ea 3. Abacus Pendant Light \$129.95ea
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NB: Not all items available online or in all stores.

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November IN THE GARDEN



Rhododendron

WHAT'S ON

Hailed as the longest running festival in the Southern Hemisphere, the 63rd Blackheath Rhododendron Festival is on in the Blue Mountains village of Blackheath, NSW from 23 October to 30 November. There will be floral displays, stalls, a grand parade, music in the park, the Rhodo Debutante Ball, a Rhododendron Revue and of course plenty of rhodies to admire and revere. The Campbell Rhododendron gardens will be open for visitors to wander through and a Composers' Concert jazz festival will delight audiences after a day spent soaking up the sun and glorious blooms. For more details visit rhodofestival.com.au

gardendairy

this month...

■ Grow the winning heirloom tomato

from this year's Melbourne International Flower and Garden Show. Pink Bumble Bee, an open-pollinated variety in fire-engine red with golden-orange striping, impressed with its sweet flavour. Available exclusively at Bunnings.

■ Celebrate the Melbourne Cup

and racing season by planting the award-winning deep pink floribunda rose 'Flemington Racecourse'. Bred by Dr Bruce Chapman, it was named the 2015 Australian Bred Rose of the Year. A compact bush with stunning deep-pink petals and glossy green leaves, it's disease resistant and available from rossroses.com.au

■ Act swiftly on roses

showing black spot with a fortnightly spraying of fungicide. If left untreated, it causes leaves to fall off and, in extreme cases, plants can die. Keep plants healthy with a high-potash fertiliser and

regular watering. Water around the base, avoiding foliage, and prune the centre to open it up and increase air movement.

■ Smarten up the edges

of vegie beds with a line of parsley. Not only does this mini-hedge look fantastic and smell great, it can be snipped into shape with the cuttings going straight to the kitchen!

■ Plant a riot of summer and autumn colour with dahlias.

Once thought of as old-fashioned, these beauties are enjoying a renaissance. Available in a range of forms and colours, they can be bought in packs ready for easy planting.

■ **Grow a living mulch** around the base of fruit trees to discourage weeds and stop soil drying out. One of the best is comfrey, a herb many believe helps gather nutrients around fruit tree roots.

■ **Prepare for a colourful Christmas** with hanging baskets and pots of bright

annuals. Top contenders include petunias, verbenas, bacopa, lobelia, calibrachoa and marigolds. Deadhead regularly and feed fortnightly with a weak solution of liquid fertiliser for best results.

■ **Check drip irrigation** and sprinkler systems now to ensure they are working at full capacity in time for summer.

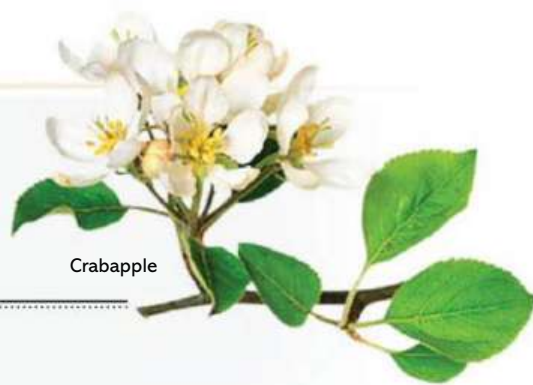
■ **Give new life to spring-flowering** plants that have already bloomed with a deadheading prune. They will be happier and healthier.

■ **Add a soil-wetting agent** and mulch to pots to help plants over summer.

■ **Give hedges a pre-summer trim** and an invigorating dose of fertiliser.

■ **Clean up ponds**, remove ugly algae, leaves and twigs. Plant waterlilies for striking flowers and shade for fish over hot summer days.

■ **Tip prune passionfruit** to encourage new growth and more fruit.




Crabapple

Pitter-patter through your garden with a nifty stone and pebble path



Step into action

When a concrete path is too harsh but you don't want to wear a dirt track in your lawn, consider laying steppers. Stones, pavers or flagging are ideal for traversing your lawn or bare patches of dirt and they look great, too. To do this, simply excavate enough soil to accommodate the height of the stepper and a 30mm bed of paving sand – this ensures the stepper is flush with the ground. Rake area level, then spread paving sand evenly over area. Position steppers on sand in desired pattern, then surround with decorative gravel. Line the path with colourful flowers for a finishing touch!

A man and a woman are lying in bed, facing each other, sleeping peacefully. They are covered with a white blanket. The man is on the left, wearing a grey tank top, and the woman is on the right, wearing a pink tank top. The bed has white pillows and a white textured blanket. The background is a soft, out-of-focus white.

*The better you sleep, the better it is for you. And the better your
mattress, the better you sleep. The perfect mattress is the one that's
perfectly suited to your body shape, your posture and your sleeping position.
You'll know when you've found it. Because from the moment you lie down,
you'll feel your muscles relax and your mind grow quiet.
You'll awaken rested and refreshed after the most peaceful,
wonderful and blissful*

*s l
e e
p*

Wake Up Wonderful

**Forty
Winks**

November

moongardening

Turn the moon to your advantage following this guide from Milton Black

HOW TO USE YOUR GUIDE

this November

Best days

Second-best days

On these days, thin out seed boxes, sow all types of seeds and plant seedlings that produce their crop **ABOVE** the ground. These include all varieties of peas, beans, corn, cabbage, cauliflower, broccoli, brussels sprouts, eggplant, lettuce, celery, silverbeet, spinach, endives, Chinese cabbage, tomatoes, cucumbers, asparagus

crowns, artichokes, marrow, pumpkins, capsicums, melons, zucchini, chicory, sprouts, rhubarb, all herbs (except garlic) and all agricultural crops, such as sunflower, grains, cereals, canola and cotton.

During these days, you can also plant flowering shrubs, annuals, flowers (not bulbs), cactus, flax, tree ferns, passionfruit vines and kiwifruit. Plant all fruit trees and trees that produce edible nuts, such as almonds, pecans, macadamias and walnuts. Grapes and bananas can also be planted during these times. Take cuttings from established trees and shrubs, and propagate.

This is also a good time for planting trees and climbers, and sowing new lawns.

Best days Second-best days

On these days, sow all seeds and plant seedlings of root vegetables that grow their crop **BELOW** the ground, such as carrots, parsnips, radish, beetroot, onions, leeks, swedes, turnips, sweet potatoes, seed potatoes, yams, cassava, peanuts, garlic and ginger. This is a good time to plant flowering bulbs, or bulbs for propagation and development rather than flowers. Also, plant bare-rooted trees, to develop

root growth, and refurbish established lawns.

A favourable time for transplanting all types of established trees, shrubs, ferns and bulbs.

Weed and lightly feed. Water with seaweed-type products only.

Destroy or spray weeds, pests and noxious growth. Burn off, cut lawns, do heavy pruning and clear rubbish – don't plant or transplant anything. Prepare soil and fertilise garden beds for future planting, spread and make compost, feed all established plants, shrubs and lawns, then water in. This is the best time for dethatching or coring lawns.

Do not plant or transplant anything, as the moon is adversely aspected with the sun.

Any questions? Email milton@miltonblack.com.au

ZODIAC SIGNS

The 12 signs of the zodiac are divided into four groups: fire, air, earth and water.

Fire signs: Aries and Sagittarius are in harmony with all fruit.

Leo is in harmony with nuts and all seed-producing crops.































Earth signs: Capricorn and Taurus are in harmony with all root vegetables that produce crops below the ground, including garlic. **Virgo** is in harmony with all herbs.

Air signs: Libra, Aquarius and Gemini are in harmony with plants that produce flowers and perfumes.

Water signs: Cancer, Scorpio and Pisces are in harmony with above-ground crops, including trees, shrubs, lawns and leafy, juicy and fleshy vegetables.

These symbols indicate which part of the zodiac the moon is in on a particular day

-  Aries
-  Taurus
-  Gemini
-  Cancer
-  Leo
-  Virgo
-  Libra
-  Scorpio
-  Sagittarius
-  Capricorn
-  Aquarius
-  Pisces

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1 Moon in Cancer 	2 	3 Moon enters Leo at 1:48am Last Quarter Moon at 10:25pm 	4 	5 Moon enters Virgo at 12:24pm 	6 	7 
8 Moon enters Libra at 1:15am 	9 	10 Moon enters Scorpio at 2:05pm 	11 	12 New Moon in Scorpio at 3:48am 	13 Moon enters Sagittarius at 1:15am 	14 
15 Moon enters Capricorn at 10:21am 	16 	17 Moon enters Aquarius at 5:25pm 	18 	19 First Quarter Moon at 4:27pm Moon enters Pisces at 10:23pm 	20 	21 
22 Moon enters Aries at 1:15am 	23 	24 Moon enters Taurus at 2:27am 	25 	26 Moon enters Gemini at 3:15am Full moon at 8:45am 	27 	28 Moon enters Cancer at 5:27am 
29 	30 Moon enters Leo at 10:48am 					

You must plant all **ABOVE**-ground crops during the moon's **WAXING** cycle.

You must plant all **BELOW**-ground crops during the moon's **WANING** cycle.

ON TIME


Times given in the moon-gardening calendar are in **Australian Eastern Standard Time, AEST**. This applies to NSW, the ACT, Queensland, Victoria and Tasmania. For South Australia or the Northern Territory, deduct half an hour. For Western Australia, deduct two hours. **During Daylight Saving Time, add one hour.**

first
things
first



...whatever your busy is

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pick up **a chick**

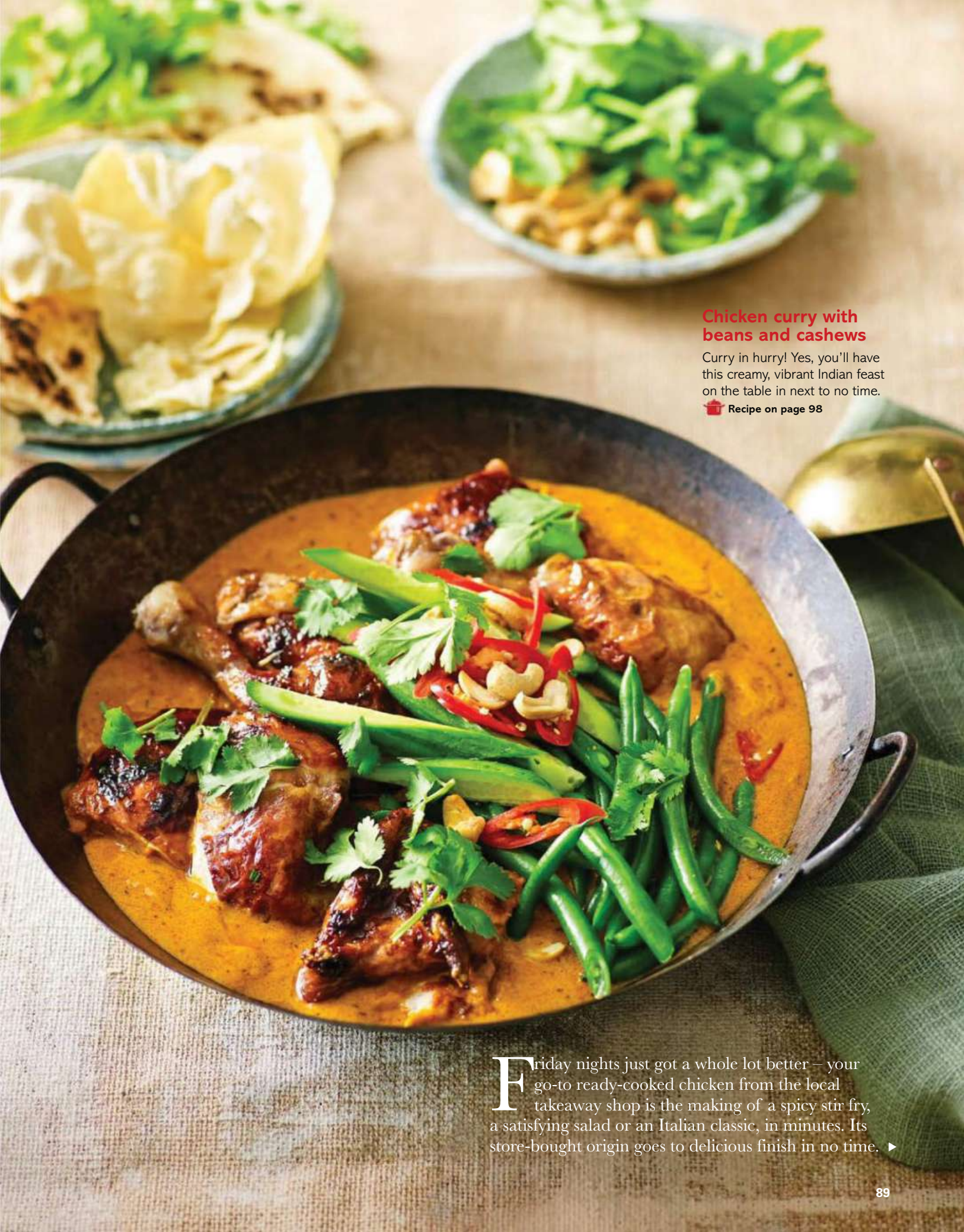
Grab a takeaway chook and turn it into a gourmet meal fast with a few pantry ingredients, a handful of vegies and a couple of twists. Be ready to be thrilled!



**Chicken, orange
and baby yellow
beetroot salad**


Fast food doesn't have to be unhealthy. You can serve up this fresh, zesty salad in 10 minutes flat.

 **Recipe on page 96**



Chicken curry with beans and cashews

Curry in hurry! Yes, you'll have this creamy, vibrant Indian feast on the table in next to no time.

 Recipe on page 98

Friday nights just got a whole lot better — your go-to ready-cooked chicken from the local takeaway shop is the making of a spicy stir fry, a satisfying salad or an Italian classic, in minutes. Its store-bought origin goes to delicious finish in no time. ►

Lemongrass and soy glazed chicken

Preparation time: 5 mins

Cooking time: 10 mins

Serves 4–6

Cooking oil spray, for greasing

1 hot whole roast barbecue chicken

1 green shallot, thinly sliced on the diagonal

½ cup Vietnamese mint leaves

Steamed rice, to serve

GLAZE

1 stalk lemongrass, white part only, thinly sliced

1 cm piece ginger, finely grated

1 clove garlic, finely grated

1 Tbsp extra virgin olive oil

½ cup kecap manis (see Cook's tip)

1 tsp water

1 Preheat oven grill to high or oven to 250°C. To make glaze, put lemongrass, ginger, garlic and olive oil in a small frying pan over a medium heat. Cook, stirring, for 2 minutes until sizzling. Stir in kecap manis and water, then set glaze aside.

2 Grease a baking tray with oil spray. Using a pair of kitchen scissors or poultry shears, cut chicken in half down both sides of backbone, discarding backbone. Arrange chicken flat, skin-side up, on baking tray. Brush chicken skin with ½ of the glaze, then grill for

5 minutes or until chicken skin starts to blacken.

3 Cut chicken into serving pieces and brush with remaining glaze. Top with sliced shallot and Vietnamese mint, then serve with steamed rice.



Cook's tip

Kecap manis is a thick and sweet Indonesian soy sauce flavoured with star anise and palm sugar. You'll find it at your supermarket or in Asian food stores.

Lemongrass and soy glazed chicken

Sticky, sweet and perfectly charred, with a bold ginger hit and a hint of lemongrass, this dish is bursting with fragrant Asian flavours you'll love.




Top tip for a hot chook

To keep your chicken hot and moist leave it in the foil bag it comes in or transfer to a plate and cover with foil. If you can, buy your chicken just before you plan to serve it, which makes it perfect for picking up on your way home!

Lemon and thyme roasted chicken and potatoes

Dry chicken? No thanks! Keep it tender and moist when you reheat it by roasting under juicy slices of lemon.


 Recipe on page 98

for you to know!

Tamarind puree, kecap manis, hoisin, char siu and rice paper are all available in the Asian aisle of your supermarket. And you'll find white balsamic condiment in the vinegar section.

Rice paper rolls with tamarind sauce

These fresh bites are as simple as chop, stuff and roll. You can use whatever veggies you like and swap your takeaway chicken for beef, prawns or tofu to make your favourite combo.


 Recipe on page 98



*Char siu sauce
is brilliant for
instantly adding
barbecue flavour*

**Asian glazed barbecue
chicken with steamed greens**

The classic flavours of Chinese char siu steal the show here, with hoisin and soy combining to make this glossy sauce.


 Recipe on page 98






Oven-roasted chicken and vegetables

A roast chicken dinner in minutes? Yes please. The addition of olives and tomatoes to the veg mix will provide delicious salty juices for basting.

 Recipe on page 100

Lemon and basil chicken with tomato and haloumi salad

The secret to this joyful salad is the variety of tomatoes, along with fresh basil and charred lemon partnering with your takeaway chicken.

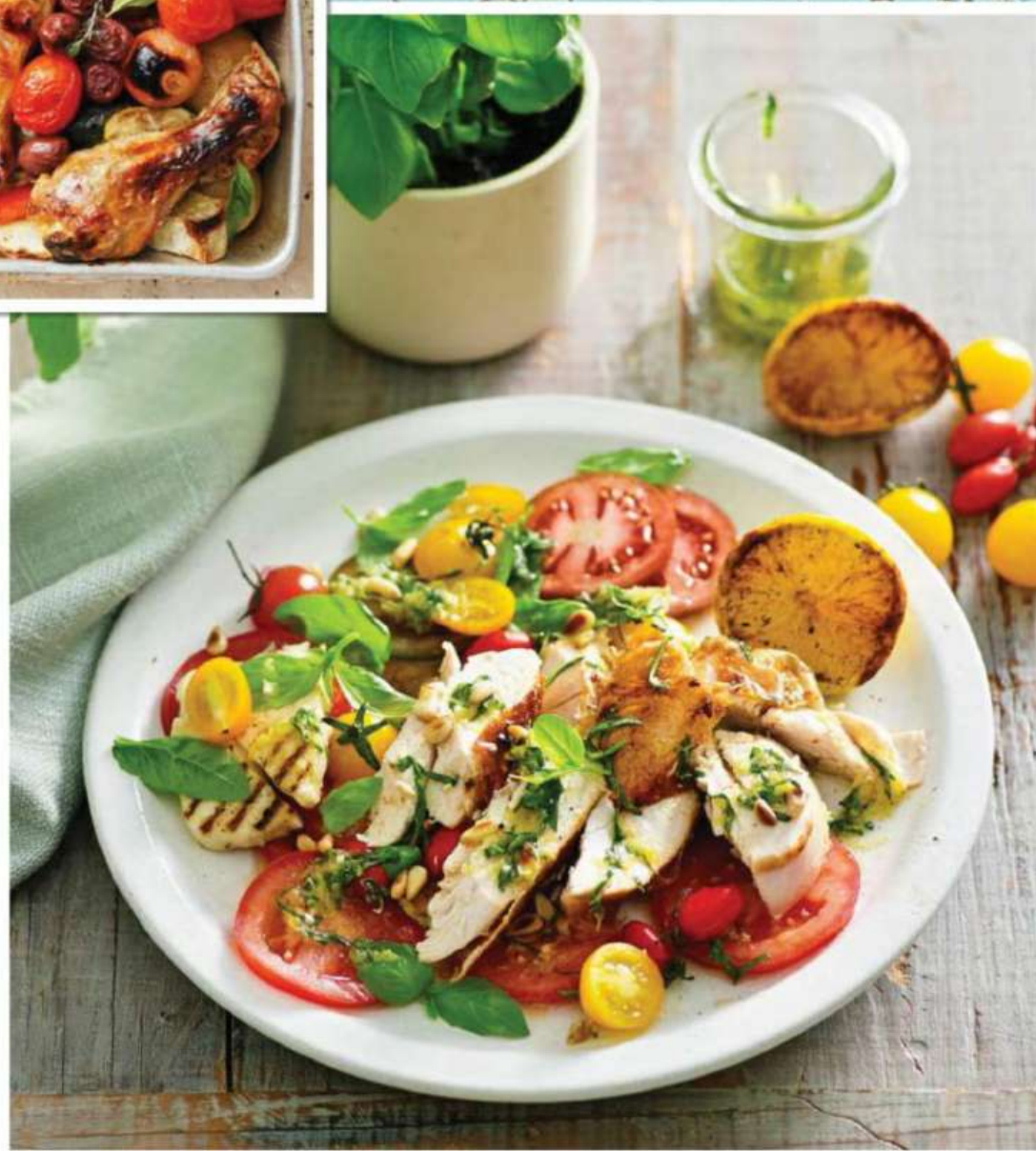
 Recipe on page 100



Cook's tip

Lemon and basil chicken with tomato and haloumi salad

You can buy 400g punnets of mixed tomatoes from your local supermarket and greengrocer. Alternatively, buy a few 250g punnets of various coloured and shaped tomatoes to make your own mixture. Try cherry and grape varieties in yellow, red and black. Even better, pick them fresh from your vegie garden!



Chicken with mixed olives, pesto and angel hair pasta

The best of the Med – capers, olives and pesto give this meal a fast-tracked flavour explosion.



Serve with fresh, herby pesto and take this chook to new heights!



Chicken with mixed olives, pesto and angel hair pasta

Preparation time: 5 mins

Cooking time: 5 mins

Serves 4–6

1 green shallot
300g angel hair pasta
3 Tbsp extra virgin olive oil
3 cups mixed olives
¼ cup baby capers, drained
¼ cup oregano leaves
Sea-salt flakes and freshly ground

black pepper, to season
1 hot whole roast barbecue chicken
200g store-bought basil pesto

1 Cut and discard white base of shallot. Slice green part of shallot in half lengthways, then slice into thin 10cm-long pieces. Put in a bowl of iced cold water and set aside for 5 minutes to allow shallot to curl.
2 Cook pasta in a large saucepan of boiling salted water following packet

instructions. Drain, return to pan and add 1 tablespoon of the oil, tossing to coat.

3 Meanwhile, put olives, capers, oregano and remaining olive oil in a medium bowl and season.

4 Cut chicken into 8 (see page 96).

5 Serve pasta in twisted mounds on 4–6 serving plates. Put a serve of chicken next to each. Arrange olive and caper mixture on top. Garnish with green shallots. Serve with pesto to drizzle over the pasta.

How to cut a chicken *into eight serving pieces*

STEP 1 To remove leg and thigh from one side, use a pair of poultry shears (or kitchen scissors) to cut skin between leg and body. Open out leg and thigh so it 'pops' out of hip socket. Make a few small cuts to remove completely.

STEP 2 To remove breast meat and wing, use shears or scissors to cut along top of chicken between breast and backbone.

STEP 3 Cut chicken breast in half on the diagonal, leaving wing attached to one half.

STEP 4 Make a few small cuts to separate chicken leg from thigh.

STEP 5 Repeat on other side to make eight pieces in total. Discard carcass or keep to make stock.



STEP 1



STEP 2



STEP 3



STEP 4



Chicken and orange salad

Chicken, orange and baby beetroot salad

Preparation time: 10 mins

Cooking time: nil

Serves 4–6

1 hot whole roast barbecue chicken

2 oranges, segmented

1 small red onion, thinly sliced

2 cups rocket leaves

$\frac{1}{2}$ cup mint leaves

$\frac{1}{2}$ bunch baby yellow beetroot, very thinly sliced

$\frac{1}{4}$ cup currants

$\frac{1}{4}$ cup slivered almonds, toasted

DRESSING

1 Tbsp honey

2 Tbsp extra virgin olive oil

2 Tbsp orange juice

Sea-salt flakes and freshly ground black pepper, to season

1 To make dressing, put honey, olive oil and orange juice in a jar and secure lid. Shake until combined. Season and set aside.

2 Cut chicken into serving pieces (see box left).

3 Put oranges, red onion, rocket, mint, beetroot and currants in a large bowl, tossing to combine.

4 Arrange salad and chicken on a serving board or platter. Scatter over almonds and drizzle over $\frac{1}{2}$ of the dressing. Serve with remaining dressing on the side. ►



Cook's tip

Yellow beetroot has a golden colour and sweet flavour, but if you can't get them, use regular (fresh or tinned) baby beetroot.

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to
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FOURS**
WITH THE GIRLS



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Chicken curry with beans



Lemon and thyme chicken



Rice paper rolls



Asian glazed chicken

Chicken curry with beans and cashews

Preparation time: 10 mins

Cooking time: 10 mins

Serves 4–6

500g Patak's Tikka Masala sauce (from supermarkets)

400ml coconut cream

1 hot whole roast

barbecue chicken

200g green beans,

trimmed, halved

1 small cucumber, sliced

into long wedges

½ cup roasted salted

cashews

⅓ cup coriander leaves

1 long red chilli, thinly sliced

Pappadums and naan bread, to serve

1 Pour tikka masala sauce and coconut cream into a medium saucepan and stir over a medium heat for 10 minutes or until hot.

2 Meanwhile, cut chicken into 8 pieces (see page 96).

3 Cook beans in a medium saucepan of boiling salted water for 30 seconds. Drain.

4 Pour warm tikka masala into a serving dish or wok pan. Place hot chicken pieces in sauce and top with hot beans, cucumber, cashews, coriander and chilli. Serve chicken curry with pappadums and naan bread.

Lemon and thyme roasted chicken and potatoes

Preparation time: 5 mins

Cooking time: 30 mins

Serves: 4–6

1 kg baby potatoes, halved

¼ cup extra virgin olive oil

1 bulb garlic, quartered

Finely grated zest of

1 lemon

½ lemon, thinly sliced

½ bunch thyme sprigs

1 hot whole roast

barbecue chicken

Sea-salt and freshly ground

black pepper, to season

1 Preheat oven to 200°C.

Put potatoes, oil and garlic in a bowl, tossing to coat.

Transfer to a large roasting pan and bake for 20 minutes or until golden. Scatter over ½ of the zest, lemon slices and thyme.

2 Put chicken on a wire rack and place in roasting pan with potatoes to one side. Add remaining zest, slices and thyme and season. Bake for a further 10 minutes. Serve.

Rice paper rolls with tamarind sauce

Preparation time: 30 mins

Cooking time: 10 mins

Makes 12

1 hot whole roast barbecue chicken

6 spring onions, finely sliced on the diagonal

1 carrot, cut into matchsticks

2 Tbsp shredded pickled ginger

1 Lebanese cucumber, halved, deseeded, cut into matchsticks

½ cup coriander leaves

1 Tbsp mayonnaise

12 x 22cm rice paper wrappers

2 Tbsp crispy fried shallots

2 Tbsp toasted sesame

seeds

TAMARIND SAUCE

2 tsp extra virgin olive oil

1 tsp sesame oil

1 clove garlic, crushed

1 tsp finely grated ginger

2 Tbsp lime juice

¼ cup soy sauce

¼ cup honey

2 tsp chilli jam

2 tsp tamarind puree

1 To make tamarind sauce, pour oils into a small saucepan over a medium heat. Add garlic and ginger and cook for 30 seconds. Add lime juice, soy, honey and chilli jam and simmer for 5 minutes or until a glaze forms. Remove pan from heat and stir through tamarind puree. Set aside.

2 Cut chicken into 8 pieces (see page 96). Carefully remove meat from bone, keeping skin intact. Brush glaze over skin, then cut chicken into 2cm-thick slices.

3 Put spring onions, carrot, ginger, cucumber, coriander and mayonnaise in a bowl, stirring to combine.

4 Soak 1 rice paper wrapper in a bowl of warm water for 15 seconds or until softened. Place wrapper on a clean dry tea towel. Place a portion of filling along middle of paper and arrange 3 pieces of chicken on top. Drizzle with 1 tsp of sauce and sprinkle with a little of the fried shallots and sesame seeds.

Fold over sides and roll tightly

to secure filling. Repeat to

make 12 rolls. Serve rice

paper rolls with leftover

tamarind sauce.

Asian glazed barbecue chicken with steamed greens

Preparation time: 10 mins

Cooking time: 10 mins

Serves: 4–6

1 hot whole roast barbecue chicken

1 bunch Chinese broccoli, halved

150g sugar snaps, trimmed

150g snow peas, trimmed

2 Tbsp peanut oil

1 tsp sesame oil

⅓ cup oyster sauce, warmed

Steamed rice, to serve

GLAZE

¼ cup maple syrup

¼ cup firmly packed brown sugar

½ cup char siu sauce

2 star anise

½ tsp Chinese five-spice powder

1 To make glaze, put all ingredients in a small saucepan over a low heat, stirring until sugar has dissolved. Simmer for 5 minutes or until a glaze forms. Set aside.

2 Cut chicken into 8 pieces (see page 96) and brush with glaze.

3 Steam vegetables for 2 minutes, then transfer to a serving platter. Pour oils into a small saucepan over medium heat and cook for 1 minute ►

waking up in style, is simple.



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simply home



better wine in good company

The right wine will take even the speediest creations to new heights by enhancing the flavours. Here, top picks to partner with the chicken dinner you've just rustled up.

Chicken curry with beans

Even mild curry stomps on delicate whites, so serve something that stands up for itself: a full-flavoured but crisp semillon/sauvignon blanc blend from WA: Vasse Felix, Forester Estate, Devil's Lair, Brookland Valley.

Lemongrass and soy glazed chicken

This bright and bold flavour combination calls for an equally charismatic wine. Our suggestion? A show-stopping verdelho: McGuigan, Tulloch, Margan, Ashbrook, Capel Vale, Moondah Brook, Sandalford.

Lemon and thyme roasted chicken

Kiwi sauvignon blancs have crisp, citrusy flavours that'll complement this roast. There are lots of beauts to choose from: Oyster Bay, Stoneleigh, Villa Maria, Brancott Estate, Giessen, Peter Yealands, Secret Stone.

Rice paper rolls with tamarind

The delicate zing of a young semillon from the Hunter sits beautifully beside this fresh snack: Brokenwood, Tyrrells, De Iuliis, McWilliam's Mount Pleasant, Hungerford Hill.

Asian glazed barbecue chicken

With Asian ingredients, a riesling is a top choice: Pewsey Vale, Jacob's Creek, Annie's Lane, Peter Lehmann, Hardys Siegersdorf, Yalumba Y, Leo Buring. For more fruitiness, seek out a gewürztraminer.

Lemon and basil haloumi salad

Match these classic Mediterranean flavours with a refreshing mouthful of pinot grigio or pinot gris: Jacobs Creek, De Bortoli Windy Peak, Brown Brothers, Dal Zotto, Pizzini.

Chicken with mixed olives, pesto and angel hair pasta

A traditional chardonnay has the right oomph for this full-flavoured recipe: Rosemount Diamond Label, Jacob's Creek Reserve, Wynns, Penfolds Koonunga Hill, Wolf Blass Yellow Label, Jamiesons Run.



Oven-roasted chicken



Lemon chicken haloumi salad

or until hot. Drizzle over steamed vegetables along with oyster sauce.

4 Serve glazed chicken with greens and steamed rice.

Oven-roasted chicken and vegetables

Preparation time: 15 mins

Cooking time: 55 mins

Serves 4

2 Tbsp olive oil
8 baby potatoes
8 eschalots, peeled
2 cloves garlic, smashed
1 small turnip, roughly chopped
2 tsp thyme leaves
Sea-salt flakes and freshly ground black pepper, to season
1 zucchini, thickly sliced
120g cherry tomatoes
150g kalamata olives
1 hot whole roast barbecue chicken, cut into 6 pieces
Basil leaves and thyme sprigs, to serve

1 Preheat oven to 200°C.

2 Heat oil in a large frying pan over a high heat. Add potatoes, eschalots, garlic and turnip. Cook for 5 minutes or until light golden.
3 Transfer to a large roasting dish. Sprinkle with thyme, season, then cover with foil and roast for 15 minutes. Add zucchini, tossing to coat, then cover again and roast for a further 20 minutes.

4 Add tomatoes and olives, basting with pan juices. Top with chicken, basting with juices, and roast, uncovered, for a further 15 minutes or until chicken is golden and tomatoes have collapsed.

5 Serve scattered with basil leaves and thyme sprigs.

Lemon and basil chicken with tomato and haloumi salad

Preparation time: 10 mins

Cooking time: 5 mins

Serves 6

1 hot whole roast barbecue chicken
250g block haloumi, drained
1 lemon, halved
1 Tbsp extra virgin olive oil
2 large tomatoes, sliced into rounds
400g mixed baby tomatoes, some halved, some whole
¼ cup pine nuts, toasted
Sea-salt flakes and freshly ground black pepper, to serve

DRESSING

Finely grated zest and juice of ½ lemon
⅓ cup extra virgin olive oil
½ clove garlic, crushed
1 tsp white balsamic condiment
1 Tbsp shredded basil leaves
Pinch caster sugar
Sea-salt flakes and freshly ground black pepper

1 To make dressing, combine all ingredients in a small bowl.

2 Slice chicken into thin pieces.

3 Preheat a chargrill plate over a high heat. Slice haloumi into 1cm-thick rectangles. Brush with oil and cook for 1 minute each side or until lightly charred. Cook lemon halves until lightly charred.

4 Arrange tomatoes and haloumi onto 6 serving plates. Top with chicken slices and pine nuts, then drizzle over dressing. Season, then serve with charred lemon halves.



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Sausage and sauerkraut hotpot


Unbelievably simple to make and budget-friendly too, this sweet-sour dish will win over both the kids and parents.

 Recipe on page 106



Barbecued chicken and citrus parcels

Warmer weather means barbecue time, and this chicken dish is a double whammy of grilling then steaming on the barbie. Cooked in Nildottie, in the heart of SA's citrus-growing region.

 Recipe on page 106


food *in a* flash

Discover new family favourites with nutritious and delicious local ingredients cooked by Fast Ed as he visits scenic locations around the country



Buttered barramundi with a herb crumb and spiked salad

Fast Ed uses rankin cod for this recipe, but you could also use snapper, barramundi, blue-eye trevalla or red emperor fillets. Cooked in WA's Kimberley.


 Recipe on page 108

*A sweet, spicy and citrusy
glaze means finger lickin'
chicken drumsticks!*



**Honey soy glazed
chicken drumsticks**


Jazz up a simple rice and chicken dish with Chinese five-spice, fragrant fresh coriander and tangy lime juice.

 Recipe on page 108



Fire-grilled beef

Gotta love the authentic aroma of a wood-fired steak! This one has a hit of celery and fennel seeds. Cooked in WA's Kimberley.

 Recipe on page 108

How to set a proper fire


Follow these four tips for fire-grilled beef

1. Always use the best hardwood you can find – the denser the timber, the better quality the coals.
2. Allow the timber to completely burn down to coals before cooking; there should be no flame. This removes the volatile components of the timber that can give your food an acrid aftertaste. Also, coals grill more efficiently.
3. Ensure the grill is not too high above the coals, otherwise the meat won't cook with sufficient heat.
4. Remember to turn meat regularly to get an even result, locking in juiciness to achieve the best flavour.



Pan bagnat

The name translates to 'wetted bread' but don't hold that against it! This loaf packs the flavour and is the perfect picnic companion. Cooked in SA's Murry Bridge.

 Recipe on page 108



Sausage sauerkraut hotpot



Barbecued chicken parcels

Sausage and sauerkraut hotpot

Preparation time: 5 mins

Cooking time: 30 mins

Serves 4

¼ cup extra virgin olive oil
2 red onions, thickly sliced
6 cloves garlic, thinly sliced
2 Tbsp thyme leaves
Sea-salt flakes and freshly ground black pepper, to season
500g pork chipolatas
3 cups store-bought sauerkraut
3 cups beef stock
¼ cup mild American mustard
½ cup flat-leaf parsley leaves, finely chopped
Mashed potato, to serve

1 Preheat oven to 180°C. Heat a large flameproof baking dish over a medium heat. Add ½ of the oil and onions and cook, stirring, for 4 minutes or until onion is just softened. Add garlic and thyme and cook for a further 2 minutes or until just fragrant. Season with salt and pepper, then transfer mixture to a plate and set aside.
2 Heat remaining oil in same baking dish over a high heat. Add chipolatas and cook, stirring, for 3 minutes or until browned (they won't be cooked all the way through). Return onion mixture to pan. Stir in sauerkraut, stock and mustard, then bring to a simmer.
3 Cover baking dish with a sheet of non-stick baking paper and transfer to oven. Cook for 15 minutes or until sausages are firm and sauce has thickened. Add parsley, stirring through, then serve on a bed of mashed potato.

Barbecued chicken and citrus parcels

Preparation time: 10 mins

Cooking time: 40 mins

Serves 4

4 chicken supremes (chicken breasts, skin on, wing bone attached)
Sea-salt flakes and freshly ground black pepper, to season
¼ cup extra virgin olive oil
2 each oranges and lemons
1 red onion, finely sliced
2 carrots, cut into matchsticks
4 cloves garlic, finely sliced
8 basil leaves
2 Tbsp pine nuts, toasted
Mixed salad, to serve

1 Preheat barbecue grill. Season chicken with salt and pepper, then rub with ½ of the oil. Cook on hot grill for 2 minutes each side or until lightly blackened. Set aside. Cut oranges and lemons into thick slices, rub with remaining oil and grill on both sides until blackened. Set aside.
2 Put onion, carrots, garlic, basil and pine nuts in a bowl, mixing to combine. Put 4 squares of foil on a work surface, then top with 4 squares of baking paper. Put a pile of carrot mixture on each, then top with chicken breast and citrus slices. Wrap well.
3 Put parcels on a rack set over a roasting pan half-filled with water. Put on barbecue and cook with lid down for 30 minutes or until chicken is firm and cooked through. Set aside to rest for 5 minutes.
4 Unwrap parcels and serve with mixed salad. ►

Riverland sultana slice

Make this Aussie favourite even better by adding ginger and coconut, while a layer of orange icing is a lovely finish. Cooked in SA's Riverland, the centre of Australia's sultana-growing region.

Recipe on page 110



Easy sour-cream cupcakes

These pretty cupcakes are a breeze to make and delicious to boot. It's a recipe that's sure to be a regular in your kitchen.

Recipe on page 110



A soft, moist cake is guaranteed when you use this 'salt dough' baking technique


for you to know!

Cooking with salt dough is an ancient Chinese technique. A basic dough is made and rolled out, then simply wrapped around whatever you're cooking, here Ed's delicious cake. It guarantees the food inside stays soft and tender. Don't be put off if the dough turns dark, its contents will be perfectly cooked!



'Salt dough' chocolate caramel cake

Melted nuggets of chocolate and caramel are scrumptious, and all you need on the side is a lick of whipped cream. Cooked in WA's Kimberley.

 Recipe on page 110



Barramundi with herb crumb



Honey soy glazed drumsticks



Fire-grilled beef



Pan bagnat

Buttered barramundi with a herb crumb and spiked salad

Preparation time: 10 mins
Cooking time: 10 mins
Serves 4

4 x 180g square-cut barramundi fillets, boned, skinned
Sea-salt flakes and freshly ground black pepper, to season
100g unsalted butter, chopped, softened
½ cup extra virgin olive oil
2 Tbsp pernod
¼ brown onion, very finely diced
4 cloves garlic, crushed
2 cups fresh breadcrumbs
1 tsp garam masala

fastfood

1 cup flat-leaf parsley leaves, finely chopped
½ bunch radishes, thinly sliced
2 cups mixed baby salad leaves
¼ cup mixed seeds (sunflower, pepitas and toasted sesame)
2 tsp apple cider vinegar
Pinch chilli powder
Lemon wedges, to serve

1 Season fish with salt and pepper, then brush with a little of the butter. Heat 1 Tbsp of the oil in a large frying pan over a medium heat. Cook fish for 5 minutes, then turn over. Add pernod and remaining butter and cook, basting often with pan juices, for a further 3 minutes or until cooked through.

2 Meanwhile, heat 1 Tbsp of the remaining olive oil in a second pan over a medium heat and cook onion and garlic for 2 minutes or until aromatic. Add breadcrumbs and garam masala and cook, stirring occasionally, for 8 minutes or until lightly toasted. Transfer mixture to a large bowl and stir in chopped parsley. Season with salt and pepper and set aside.

3 Combine radishes, salad leaves and seeds in a large bowl. Add vinegar and remaining oil. Season with a little chilli and salt. Serve fish topped with breadcrumb mixture, along with salad and lemon wedges.

Honey soy glazed chicken drumsticks

Preparation time: 15 mins
Cooking time: 25 mins
Serves 4

12 chicken drumsticks
Juice of 2 limes
2 tsp sesame oil
1 tsp Chinese five-spice
¾ cup honey
¼ cup dark soy sauce

1 Tbsp apple cider vinegar
Finely grated zest of 1 orange
Finely sliced green shallots, to serve
Coriander leaves, to serve
Lime wedges, to serve
Steamed rice, to serve

1 Preheat oven to 200°C.

Use a sharp knife to score each drumstick several times. Put lime juice, sesame oil and Chinese five spice in a large bowl, mixing well to combine. Add drumsticks, tossing to coat, then set aside for 10 minutes to marinate.

2 Arrange drumsticks in a steamer basket set over a saucepan of barely simmering water. Cover with lid and steam for 10 minutes or until just cooked through. Transfer to a large roasting pan and set aside.

3 Put honey, soy, vinegar and zest in a small saucepan over a high heat and bring to the boil. Boil rapidly until thickened and reduced by half to form a thick glaze. Brush ½ of the glaze over chicken. Transfer chicken to oven and roast for 5 minutes. Brush with ½ of the glaze and roast for a further 5 minutes. Brush again with remaining glaze and roast for a further 5 minutes.

4 Arrange chicken on a serving plate and top with shallots, coriander and lime wedges. Serve with rice on the side.

Fire-grilled beef

Preparation time: 10 mins
plus 15 mins resting
Cooking time: 12 mins
Serves 4

4 x 350g thick-cut porterhouse steaks
2 tsp whole white peppercorns
1 tsp celery seeds
1 tsp fennel seeds
½ cup extra virgin olive oil

1 Tbsp sea-salt flakes
Lime cheeks, to serve

1 Put grill over coal fire (see page 105) and preheat. Using a large sharp knife, score both sides of steaks in fine parallel lines in a crisscross pattern.

2 Crack peppercorns, celery seeds and fennel seeds with the side of a knife or rolling pin. Rub spice mix onto steaks with oil and salt flakes, then set aside for 10 minutes.

3 Cook steaks on grill, turning often, for 12 minutes or until well-browned and medium-rare. Transfer to a plate and allow to rest for 4 minutes. (The steaks will be cooked medium.) Serve with lime cheeks.

Pan bagnat

Preparation time: 25 mins
plus 4 hours pressing
Cooking time: nil
Serves 6

2 very ripe tomatoes, sliced
Sea-salt flakes and freshly ground black pepper, to season

425g can tuna in olive oil, drained

4 green shallots, very finely sliced

½ cup roasted red capsicum, cut into thin strips

¼ cup extra virgin olive oil

1 Tbsp Dijon mustard

1 x 520g sourdough cob

2 small bulbs fennel, trimmed, finely sliced

1 small cucumber, seeded, finely sliced

4 hard-boiled eggs, peeled, thinly sliced

1 cup basil leaves

1 cup gherkins, thinly sliced

12 anchovy fillets

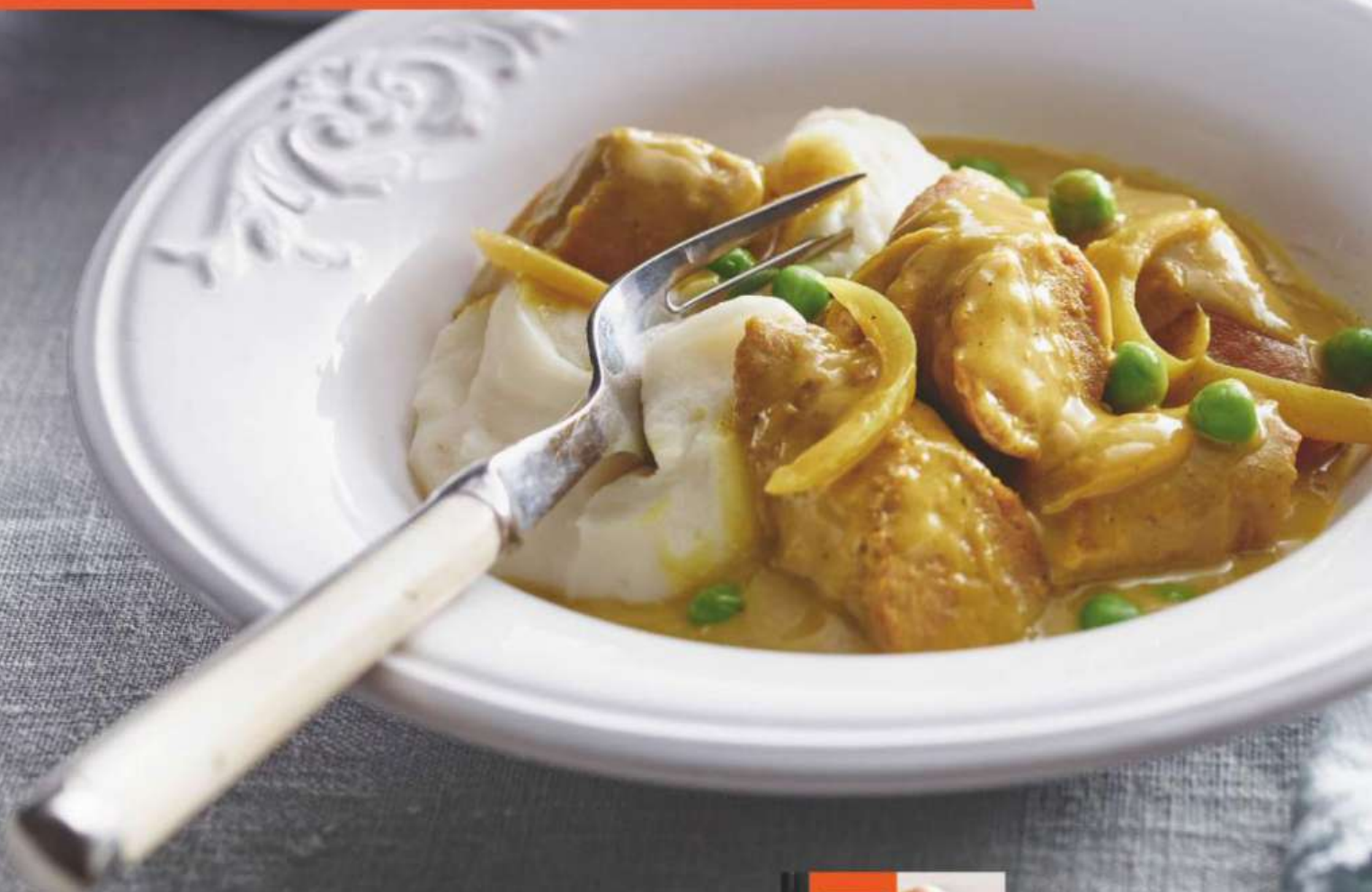
1 cup pitted kalamata olives, thinly sliced

1 Generously season

tomatoes, then transfer to a colander over a large bowl. Set aside for 20 minutes to drain. ►

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Riverland sultana slice



Easy sour cream cupcakes



'Salt dough' chocolate cake

Meanwhile, put tuna, shallots, capsicum, oil and mustard in a medium bowl, mixing well to combine and set aside.

2 Halve loaf horizontally.

Scoop out most of centre (leaving a 2cm border). Lay tomatoes on loaf base.

Top with layers of fennel and cucumber. Spread tuna mixture on top, followed by eggs, basil, gherkins, anchovies and olives. Top with bread lid to sandwich close.

3 Wrap loaf in plastic wrap and transfer to a roasting tray. Put a second tray on top, weigh down with cans, then chill in fridge for 4 hours. Serve cut into wedges.

Riverland sultana slice

Preparation time: 10 mins plus 20 mins setting and 30 mins cooling
Cooking time: 25 mins
Serves 12

Melted butter, to grease
125g unsalted butter, chopped
¼ cup golden syrup

1 egg, lightly beaten
Finely grated zest of 1 orange
1 cup self-raising flour
1 cup desiccated coconut
1 cup rolled oats
½ cup caster sugar
1 ¼ cups sultanas
2 Tbsp crystallised ginger, chopped
1 cup pure icing sugar
1 Tbsp orange juice

1 Preheat oven to 180°C.

Grease a 27 x 17cm slice tin with melted butter and line base and sides with baking paper. Melt butter in a small saucepan over a medium heat. Stir in golden syrup until smooth. Set aside to cool for 10 minutes. Whisk in egg. Stir in orange zest.

2 Sift flour into a large bowl, then add coconut, oats, caster sugar, sultanas and ginger, stirring until well combined. Add butter mixture and stir until smooth. Spoon into prepared tin, spreading evenly. Bake for 25 minutes or until golden and firm to touch. Set aside in tin for 30 minutes or until cooled completely, then remove from tin.

3 Sift icing sugar into a large bowl. Add orange juice and whisk for 5 minutes or until very light. Drizzle icing over sultana slice and set aside for 20 minutes to set. Cut into 12 bars and serve.

Easy sour-cream cupcakes

Preparation time: 10 mins
Cooking time: 20 mins
Makes 20

125g unsalted butter, chopped, softened
1 cup caster sugar
Finely grated zest of 2 lemons
3 eggs
1 egg yolk
1 tsp vanilla bean paste
1 cup plain flour

2 tsp baking powder
½ cup almond meal
¾ cup sour cream
2 cups pure icing sugar, sifted
2 Tbsp boiling water
Extra 2 tsp unsalted butter, softened
Pink food colouring, to tint
Edible icing flowers, to decorate

1 Preheat oven to 180°C.

Line a 12-hole ⅓ cup capacity muffin tin with paper cases. Put butter, sugar and zest in bowl of an electric mixer and beat on medium, using paddle attachment, until light. Add eggs, yolk and vanilla paste, beating until incorporated.

2 Sift flour and baking powder in a large bowl, then gently fold into butter mixture, along with almond meal and sour cream. Fold until just combined, then spoon batter equally into paper cases. Bake for 20 minutes or until golden and firm to touch. Set aside on a wire rack to cool completely.

3 Put icing sugar, boiling water and extra butter in a large bowl and mix until a smooth paste forms. Tint pink with food colouring. Dip top of cooled cakes in icing to coat, then decorate each with an edible icing flower. Serve.

'Salt dough' chocolate caramel cake

Preparation time: 10 mins
Cooking time: 1 hour
10 mins
Serves 10

Melted butter, to grease
5 eggs
250ml milk
150ml vegetable oil
1 tsp vanilla extract
1 cup firmly packed brown sugar
½ cup cocoa powder
2 cups self-raising flour
1 cup chocolate chips

½ cup soft caramels, roughly chopped
5 cups plain flour
1 ½ cups fine salt
1 ½ cups water
Whipped cream, to serve

1 Preheat oven to 220°C.

Grease a 22cm round springform cake tin with melted butter and line base and side with baking paper. Separate 4 of the eggs, putting yolks in a large bowl and setting aside whites in a second large bowl. To yolks, add remaining egg, milk, oil, vanilla, sugar and cocoa, whisking until smooth.

2 Fold in self-raising flour until a smooth batter forms, then fold in chocolate chips and caramel. Spoon batter into prepared tin. Wrap entire tin with baking paper, then foil. Set aside.

3 Add plain flour, salt and water to eggwhites and mix until a smooth dough forms. Turn out onto a clean surface and roll to form a 60cm disc. Sit cake tin in centre and wrap pastry around tin to enclose completely.

4 Bake on an oven tray for 1 hour 10 minutes or until salt dough is dark and crisp. Remove from oven, cool for 10 minutes, then remove salt dough crust, foil and baking paper. Remove cake from tin. Dust with cocoa and serve with whipped cream.



Hey, guys!

I created the 'Salt dough' chocolate caramel cake while camping in the beautiful Kimberley. It's a simple stir-together batter, and the cake is cooked in a salt dough in a campfire. It's a little bit of luxe for the next time you're out camping.



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**Mud crab
with coconut
vermicelli salad**

Punchy Thai flavours
combine with vibrant
colour to create a
divine summer-style
entree.

✂ Recipe on page 114


foodie heaven

Starters and sides have never looked as appetising as these globally inspired ideas from Karen Martini



Sesame chicken balls with roasted nori

Give tender chicken mince balls a Japanese twist with a drizzle of Kewpie mayo and a sprinkle of seaweed.

 Recipe on page 116



Mud crab vermicelli salad



Cook's tip

Mud crab with coconut vermicelli salad

You can buy cooked crab meat from your local fishmonger. If they don't have mud crab, try blue swimmer crab instead.

Mud crab with coconut vermicelli salad

Preparation time: 20 mins
Cooking time: 10 mins
Makes 24 individual serves

¼ cup fried shallots
200g mung bean vermicelli noodles
200ml coconut cream
2 Tbsp fish sauce
2 red eschalots, peeled, finely sliced
1 stem fresh lemongrass, white part only, very finely sliced
2 limes, peeled, segmented, finely chopped
1 cup coriander leaves
2 long red chillies, cut into matchsticks
50g peanuts, toasted, crushed
4 kaffir lime leaves, cut into matchsticks
24 betel leaves
500g cooked mud crab meat (see Cook's tip)
Extra coriander leaves, to garnish
Extra fish sauce, to serve

Corn with smoked paprika, chilli butter glaze, lime and parmesan

Preparation time: 5 mins
Cooking time: 45 mins
Serves 4

4 corn cobs, halved
4 cloves garlic, finely sliced
3 long green chillies, finely sliced
1 Tbsp smoked paprika
1 Tbsp sea-salt flakes
1 Tbsp caster sugar
1 pinch saffron threads

100g butter, chopped
Juice of 1 lime
40g parmesan, finely grated
Lime cheeks, to serve

1 Put corn cobs, garlic, chilli, paprika, salt, sugar and saffron in a large saucepan. Add enough room-temperature water to just cover corn, then bring to the boil over a high heat. Reduce heat to medium, add butter and simmer for 10 minutes. Remove corn, reserving liquid, and set

aside on a plate. Cover with foil to keep warm.

2 Increase heat to high and boil reserved liquid for 15 minutes or until reduced to 2cm deep. Return corn to pan and toss in liquid until well coated. Remove corn and set aside on a plate. Cover with foil to keep warm.

3 Boil liquid for a further 5 minutes or until a thick glaze forms. Place corn on a serving platter. Drizzle with glaze and lime juice, then scatter over parmesan. Serve with lime cheeks.



TAMARIND DRESSING

2 coriander roots, washed,
1 clove garlic
½ Tbsp dried shrimp
¼ cup soft Thai palm sugar
¼ cup fish sauce
80ml hot water
120ml smooth tamarind puree
2 Tbsp lime juice
1–2 tsp chilli powder

1 To make dressing, put coriander roots, garlic and dried shrimp in a mortar and grind with a pestle until as fine as possible. Stir in palm sugar and fish sauce, then transfer to a small saucepan and add water and tamarind puree. Bring to a simmer over a medium heat and cook, stirring, for 2 minutes. Remove from heat and cool for 15 minutes or

until room temperature. Stir in lime juice and chilli powder to taste. Set aside.

2 Put fried shallots in a mortar and grind with a pestle until a fine powder forms. Set aside. Put noodles in a large heatproof bowl, then cover with boiling water and let soak for 4 minutes. Drain well. Using scissors, snip noodles into 15–20cm strands and put ►

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fabulous**food**



Sesame chicken balls

in a large bowl. Add coconut cream, fish sauce and ½ of the fried shallot powder, mixing gently to combine.

3 Combine eschalot, lemongrass, lime, coriander, chilli, peanuts and ½ of the kaffir lime leaves in a large bowl. Add 1½ Tbsp of the cooled tamarind dressing to bind.

4 Divide noodles among each betel leaf and arrange on a serving platter. Pile crab meat on top of noodles, then top with eschalot mixture and spoon over 1 tsp of the dressing. Sprinkle over remaining fried shallot powder and remaining lime leaves. Garnish with coriander, then serve with remaining dressing and extra fish sauce on the side.

Sesame chicken balls with roasted nori

Preparation time: 10 mins

Cooking time: 25 mins

Serves 6 as an entree

1½ Tbsp peanut oil, to grease hands

2 Tbsp sesame seeds

Extra 1 Tbsp peanut oil

3 sheets nori

⅓ cup hoisin sauce

3 Tbsp Kewpie mayonnaise

(see Cook's tip)

CHICKEN BALLS

350g chicken thigh mince

350g chicken breast mince

1 Tbsp miso paste

5cm-piece ginger, peeled, finely grated

2 cloves garlic, crushed

1½ Tbsp soy sauce

Cook's tip

Sesame chicken balls with roasted nori

Kewpie is a brand of Japanese mayonnaise available from Asian grocers and the Asian aisle of large supermarkets.

1 Tbsp maple syrup
½ tsp sea-salt flakes
1 egg, lightly beaten
½ tsp freshly ground white pepper
100g panko breadcrumbs

1 Preheat oven to 180°C. Line a large oven tray with baking paper. Put chicken ball ingredients in a large bowl, stirring until well combined. Lightly grease hands with peanut oil and roll mixture into 25 walnut-sized balls. Arrange balls on prepared tray, sprinkle with sesame seeds and drizzle with extra peanut oil. Bake for 25 minutes or until balls are firm and just golden.

2 Meanwhile, cut nori sheets into 4 squares, then stack and use scissors to cut into thin shreds.

3 Remove chicken balls from oven and brush with Hoisin sauce. Drizzle over Kewpie mayonnaise and serve topped with shredded nori.



Hey there!

I used mud crab caught in the Kimberley in WA to make my mud crab with coconut vermicelli salad. You can enjoy it too, with fresh mud crab or blue swimmer crab from your fishmonger. Watch me make all these recipes on the show. Check your local TV guide for scheduling information.



Go to bhg.com.au/karenmartini for more fantastic recipes

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Guest ingredient

Create the perfect gourmet sandwich with a little help from Lurpak Spreadable. This premium butter is a kitchen staple and will help bring any flavour combination to life.



Antipasto sandwich

Go topless! These decked-out customers let each ingredient show its stuff. Make them small for finger-friendly entrees.

✂ Recipe on page 120

Grilled chicken, bacon and rocket club sandwich

Savour the taste of tender chicken and crispy bacon in this bangin' club sanger. It's business up top, party down below!

✂ Recipe on page 120

Prawn and Asian coleslaw baguette

Fresh summer flavours star in every bite of a lunchtime winner that's healthy and full of colour.

✂ Recipe on page 120



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Ooey-goopy banana chocolate toasties**Preparation time:** 5 mins**Cooking time:** 5 mins**Makes** 2 sandwiches**4 slices white bread****Lurpak Spreadable****Butter, to spread****½ tsp ground cinnamon****2 bananas, thinly sliced****50g dark chocolate, finely chopped****½ cup mini mallows**

1 Preheat an electric sandwich press. Butter both sides of each slice of bread. Arrange 2 of the slices on a chopping board and sprinkle with cinnamon. Arrange the banana, chocolate and mallows on top and cover with remaining bread slices.

2 Transfer sandwiches to sandwich press, close and cook for 3–4 minutes or until bread is golden and mallows and chocolate are melted. Serve.

Ooey-goopy banana chocolate toasties

With wholesome bananas and dark chocolate, this sweet treat is just so easy to make – and enjoy!

**Antipasto sandwich****Antipasto sandwich****Preparation time:** 5 mins**Cooking time:** nil**Makes** 2 sandwiches

2 thick slices olive sourdough
Lurpak Spreadable Butter, to spread

4 thin slices mozzarella cheese, halved diagonally

8 thin slices mild sopressa salami

2 Tbsp flat-leaf parsley leaves

4 slices marinated chargrilled eggplant

¼ cup chargrilled capsicum, thickly sliced

¼ red onion, thinly sliced

2 Tbsp pitted kalamata olives, thinly sliced

Basil leaves, to garnish

Aioli, to serve

**Prawn baguette**

1 Spread sourdough slices generously with Lurpak butter. Top each with cheese, salami, parsley, eggplant, capsicum, onion and olives.

2 Garnish with basil and serve with aioli on the side.

Prawn and Asian coleslaw baguette**Preparation time:** 5 mins**Cooking time:** nil**Makes** 4 baguettes

1 Tbsp lime juice

1 Tbsp caster sugar

2 tsp fish sauce

½ cup shredded red cabbage

½ cup shredded carrot

2 radishes, thinly sliced

4 small baguettes, split

Lurpak Spreadable Butter

⅓ cup chilli jam

½ cup shredded cos

lettuce leaves

12 cooked tiger prawns, peeled, halved lengthways

½ green shallot, thinly sliced

¼ cup coriander sprigs

Micro herbs, to serve

1 long red chilli, sliced, to serve

1 Combine lime juice, sugar and fish sauce in a large bowl. Add cabbage, carrot and radish and toss to coat. Set aside.

2 Spread baguette bases and tops generously with Lurpak butter and bases with chilli jam. Fill with cabbage mixture and lettuce and top with prawns, shallot, coriander, micro herbs and chilli. Serve.

**Chicken club sandwich****Grilled chicken, bacon and rocket club sandwich****Preparation time:** 10 mins**Cooking time:** 20 mins**Makes** 2 sandwiches

1 Tbsp extra virgin olive oil

1 skinless chicken breast fillet, butterflied lengthways

4 rashers rindless bacon

6 slices white bread, toasted

Lurpak Spreadable Butter, to spread

4 thin slices Swiss cheese

1 ripe tomato, thinly sliced

1 avocado, thinly sliced

½ cup baby rocket

2 tsp Dijon mustard

1 Heat oil in frying pan over medium heat. Pan-fry chicken for 5 minutes each side. Cool slightly, then slice thinly and set aside. Cook bacon in same pan for 3 minutes each side. Remove from pan and set aside.

2 Spread each slice of toasted bread generously with Lurpak butter. Put 1 slice on serving plate and top with ½ of the cheese, bacon and tomato. Top with a second toasted slice and layer with ½ of the avocado, chicken and rocket. Spread ½ of the mustard on 1 toasted slice and arrange mustard side down on top of sandwich. Secure with a toothpick. Repeat to make second sandwich. Serve.



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The only thing better than a classic lamb roast is one that packs an unexpected punch of bold flavours. By making a simple Italian stuffing, you can turn a loin of lamb into a powerhouse for the palate, and all with no extra cooking time!

steps

STEP 4



STEP 1



STEP 2



STEP 3



STEP 5



STEP 6

Italian-flavoured rolled lamb loin

Preparation time: 20 mins

Cooking time: 40 mins

Serves 4–6

- 2 Tbsp extra virgin olive oil
- 1 small brown onion, finely chopped
- 100g pancetta, roughly chopped
- 1 cup fresh white breadcrumbs
- ½ cup grated parmesan
- 100g semi-dried tomatoes, chopped
- 1 Tbsp pine nuts, toasted
- ¼ cup basil leaves, finely shredded
- Sea-salt flakes and freshly ground black pepper, to season
- 2 x 500g boned, rolled loins of lamb
- 500g vine-ripened baby tomatoes
- Olive oil spray, to grease
- 1 red onion, thinly sliced
- 3 baby fennel, trimmed, thinly sliced lengthways
- Extra basil leaves, to garnish

STEP 1 Preheat oven to 200°C. Heat 1 Tbsp of oil in a large frying pan over a medium heat. Add brown onion and pancetta and cook, stirring occasionally, for 5 minutes or until onion is tender.

STEP 2 Transfer mixture to a bowl, along with breadcrumbs, parmesan, tomatoes, pine nuts and basil leaves. Season and stir to combine.

STEP 3 Place lamb loins on a chopping board and unroll. Spread filling over lamb.

STEP 4 Roll up lamb to enclose filling.

STEP 5 Secure lamb with kitchen string every 5cm. Season loins.

STEP 6 Reheat pan over a medium heat. Add lamb to hot pan and cook, turning, for 10 minutes or until browned on all sides. Transfer to a roasting pan and roast for 25 minutes for medium rare or until cooked to your liking.

STEP 7 Meanwhile, line a baking tray with baking paper. Put baby tomatoes on prepared tray and spray with olive oil. Season, then roast for 20 minutes or until softened.

STEP 8 Meanwhile, heat remaining oil in frying pan over a medium heat. Add red onion and cook for 3 minutes or until softened. Add fennel and cook, stirring occasionally, for 10 minutes or until golden and caramelised.

STEP 9 Transfer onion and fennel to roasting pan. Garnish with extra basil and serve with tomatoes on the side.



Lamb masterclass

Rule the roast with lamb loins filled with beautiful Italian flavours

Kids in the *kitchen*

Show your little ones just how much fun cooking can be with these delicious, easy recipes you can make and enjoy together thanks to Bega and Western Star

THE BEST MACARONI CHEESE

PREPARATION TIME 15 MINS

COOKING TIME 55 MINS

SERVES 4

INGREDIENTS

400g dried macaroni
Melted Western Star Original butter, for greasing
1 bunch chives, chopped
Sea-salt flakes and freshly ground white pepper, to season
1 thick slice sourdough
70g Bega Farmers' Tasty Grated Cheese
20g Western Star Original butter, melted

CHEESE SAUCE

40g Western Star Original butter
1 brown onion, roughly chopped
4 rashers (250g) rindless bacon, thinly sliced
¼ cup plain flour
¾ cups milk
180g Bega Farmers' Tasty Grated Cheese



METHOD

STEP 1 Cook macaroni in a large saucepan of salted boiling water following pack instructions. Drain well, then return macaroni to pan.

STEP 2 Preheat oven to 180°C. Grease an 8-cup capacity baking dish with melted butter.

STEP 3 To make cheese sauce, melt butter in a large deep frying pan over a medium heat. Add onion and bacon and cook, stirring, for 5-10 minutes or until onion has softened. Add flour and stir until combined, then cook for a further 2 minutes. Remove pan from heat and gradually add milk, stirring continuously until smooth and combined.

STEP 4 Return pan to heat and bring sauce to the boil, stirring continuously until thickened. Remove pan from heat, then add cheese and stir until smooth and combined.

STEP 5 Pour sauce over macaroni, then add chives and stir to combine. Season with salt and white pepper, then transfer macaroni and sauce mixture to prepared dish.

STEP 6 Process sourdough in a food processor until crumbs form. Transfer crumbs to a small bowl, then add cheese and melted butter. Stir to combine.

STEP 7 Scatter crumb mixture over macaroni and bake for 25 minutes or until golden. Serve immediately.

A CRUMBLY TOP IS THE PERFECT PARTNER FOR A DECADENT CHEESE SAUCE

A LOLLY OR TWO AND A BISCUIT IN THE RIGHT PLACES WILL CREATE THE CUTEST OWL CUPCAKES!



PERFECT VANILLA CUPCAKES

PREPARATION TIME 15 MINS

COOKING TIME 20 MINS

MAKES 24

INGREDIENTS

200g Western Star Chef's Choice Cultured Unsalted Butter, chopped, softened
1½ cups CSR caster sugar
2 tsp vanilla extract
4 eggs
½ cup sour cream
1¾ cups self-raising flour

METHOD

STEP 1 Preheat oven to 180°C.

Line two 12-hole ⅓-cup capacity muffin tins with paper cases.

STEP 2 Put butter, sugar and vanilla in the bowl of an electric mixer and beat on high, using paddle attachment, until pale and fluffy. Add eggs, 1 at a time, beating well after each. Gently fold in sour cream and flour, in 2 batches, until combined.

STEP 3 Evenly spoon mixture (about 2 Tbsp per paper case) into prepared cases. Bake for 15 minutes or until lightly browned and cooked when tested with a skewer, swapping position of tins in oven halfway.

STEP 4 Cool in tins for 5 minutes, then transfer cakes to a wire rack to cool completely.

TO MAKE CHOCOLATE CUPCAKES

Follow recipe for Perfect Vanilla Cupcakes and, when adding the sour cream and self-raising flour, reduce quantity of flour to 1½ cups and add ¼ cup baking cocoa, as well as 100g melted dark chocolate.

FOR MORE GREAT RECIPES AND THE CHANCE TO WIN AMAZING PRIZES, VISIT KIDS-IN-THE-KITCHEN.COM.AU

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Raspberry vanilla ice-creams

Never has raspberry ripple
looked so good – because it's
made with your own hands!

 Recipe on page 128

Mango coconut pops

For the quintessential taste and sunny colour of summer, coconut-covered mango sure hits the spot!

 Recipe on page 128

the ice *is right*

Elevate the humble icy pole with these fruity flavour combinations

Once upon a time, all you needed for a homemade icy pole was a fizzy soft drink or flavoured cordial. We've moved on since then (thankfully!) but these healthier, sophisticated versions are just as quick and easy to make with as few as three ingredients, which we bet you already have in your kitchen. Think nuts, fruit, herbs and common baking ingredients like chocolate, desiccated coconut and vanilla bean. These icy-cold sweet treats are so easy to make, we guarantee you'll be enjoying their cooling effects all summer long. ►



There's no better way to beat the summer heat than with homemade ice-cream!

Raspberry vanilla ice-creams

Put $1\frac{3}{4}$ cups vanilla ice-cream in a large bowl and stir until softened. Put $\frac{1}{2}$ cup thawed frozen raspberries and 1 tsp vanilla bean paste in a small bowl and stir to combine. Spoon heaped teaspoons of mixtures, alternating between the two, into four $\frac{1}{3}$ cup-capacity ice-block moulds. Insert a paddle pop stick into each and freeze for 8 hours or overnight. Makes 4.

Mango coconut pops

Put $1\frac{1}{4}$ cups frozen mango pieces, juice of 1 lime and 2 tsp natural coconut essence in a food processor and puree. Spoon into shot glasses or small glasses about $\frac{1}{4}$ cup capacity. Insert a halved paddle pop stick into each and freeze for 8 hours or overnight. Remove from glasses and roll in desiccated coconut just before serving. Makes 4.

Quick tip Depending on the natural sweetness of the mango you're using, you might want to add a teaspoon or two of icing sugar or honey to sweeten these.

Fruit salad pops

Fill your favourite ice-block moulds $\frac{3}{4}$ full with a variety of sliced seasonal fruit and mint leaves. Fill moulds with passionfruit-flavoured soft drink. Insert paddle pop sticks and freeze for 8 hours or overnight. Makes as many as you like.

Frozen banana pops

Peel 3 bananas and cut each in half widthwise. Insert a paddle pop stick into cut end and arrange on a tray lined with baking paper. Freeze for 8 hours or overnight. Dip in or drizzle with melted milk chocolate and scatter with chopped pistachios – or simply leave them nude. Freeze again for 30 minutes. Decorate with messages on the exposed paddle pop sticks just before serving. Makes 6.



Fruit salad pops

Whether it's strawberries with blueberries or kiwi and grapes, the combo choice is yours for these tasty ices.

Frozen banana pops

For a quirky touch, write a message on each paddle pop stick. A great party idea!



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Matt Moran - Renowned Chef & Restaurateur

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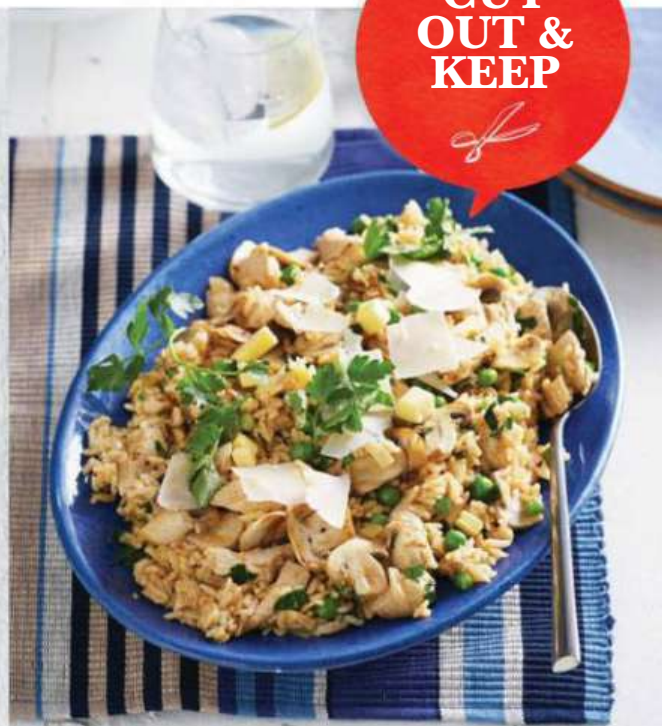
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CUT
OUT &
KEEP



Crustless ham, cheese and noodle quiche



Cheat's chicken and mushroom risotto

weekdaymeals

Quick and easy dishes using just a few products from the supermarket



Homemade choc-coffee ice-cream



Raspberry, vanilla and almond cake

Cheat's chicken and mushroom risotto

Melt 50g **Western Star Chef's Choice Cultured Unsalted Butter** in a large frying pan over a medium heat. Add 1 finely chopped onion and 200g sliced mushrooms. Cook for 5 minutes. Transfer to a plate. In same pan, melt an extra 50g butter. Add 2 diced skinless chicken breast fillets and cook for 10 minutes. Meanwhile, cook a 450g packet basmati rice in the microwave following packet instructions. Add to chicken along with onion mixture, 1 stock cube and $\frac{1}{2}$ cup each white wine and frozen peas. Cook, stirring for 5 minutes. Season. Stir in $\frac{1}{4}$ cup grated parmesan, $\frac{1}{4}$ cup chopped parsley leaves and an extra 50g chopped butter. Serve topped with extra parsley leaves. Serves 4.



Crustless ham, cheese and noodle quiche

Preheat oven to 180°C. Grease a round 6 cup-capacity ovenproof baking dish with olive oil. Cook 76g packet **Chicken Flavoured Maggi 99% Fat Free 2 Minute Noodles**, reserving flavour sachet. Drain well and set aside. Put 6 eggs, $\frac{3}{4}$ cup milk, $\frac{3}{4}$ cup grated tasty cheese, 2 thinly sliced green shallots, 100g finely diced leg ham, 100g sliced cup mushrooms, finely diced $\frac{1}{2}$ red capsicum and 2 Tbsp finely chopped flat-leaf parsley in a large bowl, whisking to combine. Add noodles and flavour sachet. Toss well. Transfer to prepared dish. Scatter over $\frac{1}{4}$ cup grated tasty cheese. Bake for 45 minutes or until golden. Serve with tomato chutney and rocket. Serves 4.



Bring it on! These knockout recipes are packed with flavour and make a simple, sumptuous treat

Raspberry, vanilla and almond cake

Preheat oven to 180°C. Grease a 11.5 x 34.5cm rectangular loose-bottomed flan tin with melted butter. Put $\frac{1}{2}$ cup self-raising flour, $1\frac{1}{4}$ cups icing sugar mixture and 1 cup almond meal in a large bowl. Stir to combine. Make a well in centre and stir in 150g melted butter, 4 egg yolks and 1 Tbsp **Queen Organic Vanilla Bean Paste**. Put 4 egg whites in a large bowl, beat with an electric mixer until soft peaks form, then fold into flour mixture in 2 batches. Spoon into prepared tin, scatter over $\frac{1}{2}$ cup frozen raspberries and 2 Tbsp flaked almonds, then drizzle over an extra 2 tsp vanilla bean paste. Bake for 30 minutes or until golden. Serve sliced with a dollop of yoghurt. Serves 8.



Homemade choc-coffee ice-cream

Put 300ml thickened cream, $\frac{1}{2}$ cup sweetened condensed milk, 1 Tbsp **Moccona Bold & Intense Espresso** and 1 Tbsp cocoa powder in the bowl of an electric mixer and whisk on high with whisk attachment for 5 minutes or until thick peaks form. Stir in 250g coarsely grated dark chocolate, then spoon mixture into a 750ml capacity freezer-safe container. Cover with plastic wrap and freeze for at least 6 hours or overnight. Set aside at room temperature for 5 minutes before scooping generously into ice-cream cones. Serve drizzled with store-bought chocolate topping. Serves 4.





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LE cirque

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1



2

1. Brekkie on the deck is a glorious thing, especially when seated at this large rustic timber entertainer, handmade by Todd. Ahh, a builder after our own heart!

2. The meditative lowing of cattle sets the idyllic soundtrack for a walk around the bush-lined property.

3. It's no wonder time out for Joh and Todd is best enjoyed on the farm. Even a cuppa on the deck is picture perfect.

rural charm

Take a stroll around the gorgeous country home of *Better Homes and Gardens* TV host Johanna Griggs, and borrow an idea or two for your own place



3



Atop a hill at the end of a meandering country road lies the calm and cosy valley retreat of Johanna Griggs and husband Todd Huggins. As the fog lifts and the sun begins to break through, Joh and Todd invite you to take a peek in and around their peaceful property and say g'day to their friendly-faced cattle, too. Plus, as a duo of *BH&G* makers, doers and DIYers, Joh and Todd show off a few of their projects that you can use for your next big idea! ►

4. Akin to arms wide open, a pair of Adirondack chairs are a welcoming scene on any deck area. Joh keeps her high-backed treasures looking suitably rustic with a no-fuss coat of white exterior paint.



5. His and hers! Spare the time negotiating whose turn it is to hang out with two hammocks. Joh's tip? Amp up the mood at dusk with candles in lanterns.

Clear your diary and put your feet up

Top tip
Collections of like-sized, similarly themed objects, like these adverts, make for delightful details in your home. The repetition en masse is guaranteed to win the wow factor every time!



6. Oh, the serenity! Joh is right at home on the land, here feeding the cattle.

7. Nothing beats a vintage find. Go to auctions, clearing sales and vintage shops to find the sweetest collections of demijohns, old scales and advertising signs.

8. A collection of bygone adverts makes a simple yet striking wall display.

9. The appeal of a country-made loaf is second to none – pass the butter!

10. Joh and Todd's sitting room is bordered with bookcases packed with their favourite reads for guests to borrow or book-swap.

11. Time spent in this kitchen is hardly a chore. Vintage pieces add interest and colour and enhance the country vibe.





8



9



WANT TO SEE MORE?
Scan this page with the free **viewa** app for more images of Joh's home.

Reclaimed timber adds warmth and character

10



11



12. A morning of fossicking around the property reaps a bucketload of foliage to use for arrangements – a pretty sight by the front door.



1



2



3



4

DIY projects to love and make

1 Branch out Replicate the family tree that Joh made with wall decals (you can find similar tree and leaf designs online at thewallstickercompany.com.au), then frame and hang photos of each family member in an arrangement that suits. You can easily add more photos – a beautiful way of displaying your gorgeous growing family!

2 Salvaged side tables Knock up similar side tables to Joh's inventive additions by sourcing vintage metal containers. Find similar-sized pieces with a farmyard patina, then cut a series of rectangular-shaped openings using a metal cutter, filing down sharp edges.

3 A road well travelled Track your journey with a bus, tram and train style destination scroll. Here, Joh

listed all the places they've lived and had them printed and mounted (for similar services, check out tramscrolls.com.au). You could also make your own by printing out letters, tracing them onto clear book covering, then sticking each one onto a primed, white-painted canvas. Paint over the letters using a matt black spray paint product, stipple paint brush or mini roller. Let dry, then carefully remove letters with the corner of a sharp blade.

4 Stacks on Love Joh and Todd's handiwork? Pinch this idea by screwing horizontal slats of salvaged timber to your wall studs or to vertical battens attached to masonry walls. Joh's tip? Paint the wall and battens, if using, with black paint first so the cracks, gaps and holes aren't highlighted with white space.

More personal. METOD gives you more choice, both in style and function. Modern becomes more modern, traditional becomes more traditional and Scandinavian becomes even more Scandinavian.

You can do it yourself, but you don't have to. From measuring, planning, to installation, your local IKEA store can help arrange services for your new METOD kitchen.





Before

12 ways to add value going, going... SOLD!

Ramp up the appeal of your home before you put it on the market

1 BEST FACE FORWARD

When potential buyers pull up out the front of your place, or spot it online, you are really after the 'ooh' and 'ahh' factor. You need to win their affection in that first glance! Anything from removing an old air-con, here by the front door, to cleaning the windows and mowing the lawn will freshen the appeal.



For shopping details,
see Stockists page

Ready to put your place up for sale? Before listing it, there are a few things you can do to spruce it up. You don't have to go all out – investing in the right jobs will work wonders. Focus on 'ugly' areas and seek to modernise your space – fresh coats of paint, new curtains and furniture pieces inside. Outside, painting and mulching garden beds, updating fences and removing shonky sheds will look like there is less work for the buyer and therefore, more of a reason to throw in the dosh and buy your place! Here's how to get started...

Super styling

Make your interiors the star of the show with simple styling tweaks. Remove clutter and bring in inexpensive furniture buys to make spaces feel inviting. Also pull back curtains to let in natural light.



Before



Before



Before

2



GOOD ORDER

Your kitchen is going to be under eagle eyes from wannabe buyers, so show yours in its best light. A good scrub is a simple starting point – pay close attention to the sink, dishwasher, oven and rangehood. Make sure your lights and appliances included in the sale are all operational and keep benchtop clutter to a minimum.

3



Before



Before



4 Top choice

Consider resurfacing worn-out laminate benchtops with suitable products to give them a brand new look.



Before

5

WHITE OUT

If your kitchen cabinetry is in good nick, just a little out of style, don't let old woodgrain laminate rattle a potential buyer – paint it! Cover up doors and drawers with primer and finish with a hard-wearing white topcoat paint for a fresh and easy-to-approach scheme.



BEDTIME STORIES

Make it an easy decision for buyers by making bedrooms look inviting and ready to move right on in! Add bright colour to beds with cushions.

6



Before



Sitting pretty

Remove shoddy structures, such as an old shed, to open up your backyard and provide space for the more important things in life, like entertaining. Paint the slab and set up a chill-out zone. Also paint surrounding fences in an inviting colour for instant wow!

7



SEE THE FULL MAKEOVER
Scan this page with the free **viewa** app for more pics of this property being prepped for sale.



Before

8 Pave the way

Make an entrance memorable with a slick paved path. Use neutral coloured pavers, lay on a bed of sand and haunch the sides with mortar to keep in place.

For shopping details, see Stockists page



11

DECKING DAYDREAM

A timber deck at your entry is much more attractive than a concrete path. Look for modular decking kits for easy installation.



Before



9

GREEN THE SCENE

Consider investing a little more in your garden and planting it up with established plants – it looks more lush and inviting.

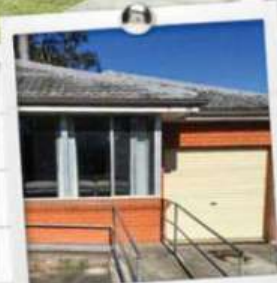


Before



10 COLOUR CHAMELEON

It's amazing what paint can do! Revive old roof tiles and your garage door by having them painted in suitable products. Choose an inoffensive colour scheme that works well with your neighbours' homes and suits most tastes, like Dulux Monument.



Before

12



Before



BATHING BEAUTY

Ensure your bathroom gets a nod from buyers by making it sparkle. Get around to finishing those things you said you would do when you moved in, like shifting the washer and dryer from behind the door to a designated laundry space.



DISCOVER THE MODERN
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MAESTRO
CLASSIC STYLE



RESONANCE
TIMELESS ALLURE

CREATE YOUR DREAM BATHROOM WITH **RUMBA**,
ONE OF SEVEN DISTINCTIVE STYLES FROM MONDELLA



BEFORE

Double up the function of your spare room by zoning a dedicated section where you can work from home – or catch up on life admin – and another where the kids can play.



AFTER

1

1. Tie your scheme together with similar pieces of furniture. Here, the same system of storage cubes that sits on the desk (see far right) keeps the office looking schmick. Fill your chosen cube size with binders and the odd decorative addition. For less attractive knick-knacks, store them in woven baskets that suit the dimensions of the openings in your chosen cube system.

2. A pretty bunch of stationery supplies, topped off with a vase of blooms, makes working from home more delight than duty.

3. Self-adhesive hooks are a simple go-to option for hanging mini storage buckets – ideal for holding chalk and other craft clutter. Install a row near your chalking station – cute!

4. When the kids are busy crafting or enjoying their stash of toys, a low table with funky chairs is a cute option. Throw down a playful floor rug for when toy-time goes to ground level. Cosy!

4



For shopping details, see Stockists page



2



3

Kids can stow their toys and all kinds of supplies inside this treasure trunk





5. Create an attractive and functional work zone for two people against one wall. Here, a vintage school teacher-style desk is stained and varnished to give it a new life, its surface flanked by vertical cube storage and funky desk lamps.

as nice!

Get the max from your spare room by mixing up its use ►

get the look



Kids' white dining chair, \$39, Kmart.

Go Stationery Pocket notebooks with heart designs, \$8.95/pack of 3, Officeworks.



Fold small tray in Melon, \$29.95, Country Road.

MT Circus Softie cushion, \$34.95, Cotton On.



MT Circus Tassel cushion, \$34.95, Cotton On.



Timber and metal desk lamp in White, \$149, Loft.

Rattan chair, \$219, Loft.



Concrete tape dispenser, \$49.95, Country Road.

Zola Kilim rug 140 x 200cm, \$449, Olli Ella.



6. Cube storage comes in a range of off-the-shelf sizes and is easily assembled from its flat-pack form. Here, a double cube unit sits comfortably on a desktop, ideal for holding books, files and boxes brimming with all your paperwork. Our tip? Screw units to walls with small L-shaped brackets to prevent tipping. Plus, source self-adhesive cord organiser clips to hold all your device chargers in one neat and tidy place.

7. The humble Masonite clipboard is easily transformed into a beautiful hanger with decorative paper – great for displaying kids' art or holding bills and reminders. Simply paste sheets of pretty paper (or book covering) to the front face, press flat, and trim around edges using a sharp utility knife. Hang completed clipboards on your wall using picture-hanging strips.

8. Let your kids loose on a chalkboard, ideal for scribbling or studying. Recreate the set-up by priming and painting a 1200 x 900 x 6mm sheet of MDF with chalkboard paint, then attaching a strip of white-painted moulding along the bottom edge with glue and screws. Mount it to your wall with removable Velcro strips. The moulding is perfect for catching chalk dust!

For shopping details, see Stockists page



6



7



8

Love the abstract artwork?

Divide a square canvas into five even horizontal bands. Brush on blues to fill each band, adding white to the blue for each neighbouring band to lighten the hue. Once dry, use a dry brush loaded with blue to build up texture on the surface of the canvas – add earthy brown to one band, too. Once dry, brush on white paint to highlight the odd band, allowing blue to shine through. For finishing detail, add a vertical lick of white. Let dry, frame, then hang. Too easy!

Want more?
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Colour study wall art Sky, \$189, West Elm.



kaboodle.com.au

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KITCHEN

embrace the interior designer within

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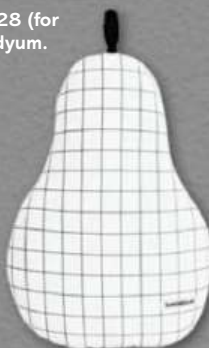
for the
kids



Heico fawn lamp,
\$189, Kido.



Dinosaur felt toys, \$28 (for
4), burntgingerbreadyum.
etsy.com



Pear cushion, \$45,
inkibabinki.etsy.com



Felt food play
set, \$28, Burnt
gingerbread
yum.etsy.com

Panda doll,
\$66.54,
fawnandsea.
etsy.com



Down To The
Woods wire
basket in Yellow,
small \$29.95,
Kido.



Bunny rabbit,
\$28, samand
charlie.etsy.com

1. With the IKEA PS 2014

Storage module as the framework for this playhouse, your job is easy. Before you assemble, paint the floor and the narrow wall in white enamel paint. Let dry, then assemble. The roof is a storage module top, sold separately. To fit out your pad, cut a thin strip of timber for a fireplace. Prime, then paint white. Once dry, glue in place. Cut out a fireplace image from a magazine and glue in place. While you're at it, cut out artwork to glue on the walls, too. Now it's time for furniture – print those using a 3D printer (see Printing in 3D, below).

2. **Set the table** with a mini bowl of fruit, complete with pendant light suspended with wire from a small screw fitted to the roof above. For similar tiny fruit, plants and flowers, look at artificial collections at discount stores. You'll find similar figurines at Eckersley's.

3. **Make a kitchen bench** from a white-painted offcut of timber. Don't forget a decorative vase, painted glitzy gold, and a printed image of the kitchen sink, glued in place.

4. **Paint your 3D-printed** items using enamel paint and a small paintbrush. A replica egg chair screams modernist in red with gold legs! Then arrange your setting just like home, including a circle rug cut from an offcut of shaggy fabric.

For shopping details,
see Stockists page



2



3

Don't forget
the kitchen
sink!



4

Printing in 3D

The furniture items in this doll's house are brought to the third dimension through printing technology – believe it! To get started, download your chosen 3D models onto your computer. Upload 3D models to the printer via SD card or USB cable, press start, then watch them take shape. For more information on the Dremel 3D Idea Builder (available at Bunnings Warehouse) and to explore thousands of existing 3D models, go to 3dprinter.dremel.com You will find the miniature replica furniture items we printed (and more) at myminifactory.com



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com.au

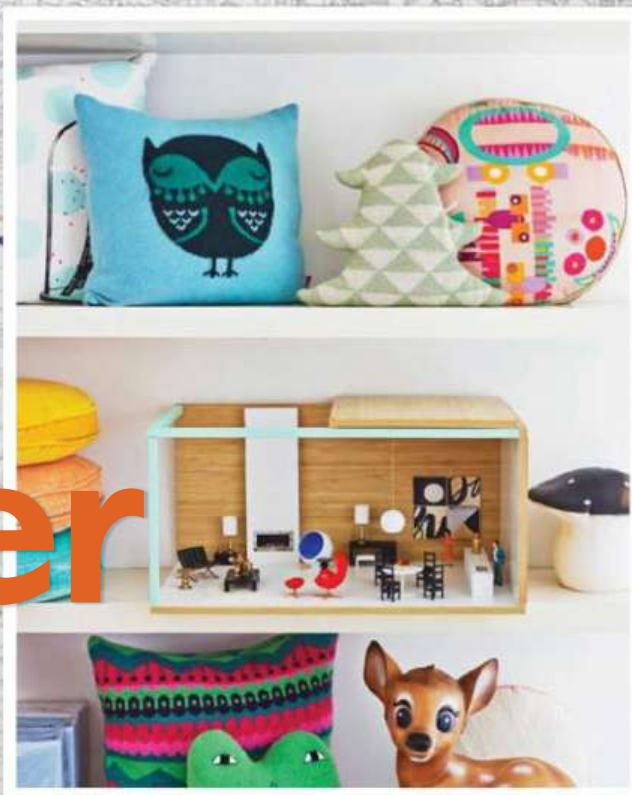
1



Move over frilly-faced Victorian doll's houses, there's a new kid in town! Enter this super-stylish studio pad, complete with 3D-printed replicas of designer furniture, artwork and mood lighting, too.

designer digs

Make a mini modernist pad decorated with 3D-printed furniture pieces



bear thrills

Bag yourself a trophy 'hide' using fabric remnants

Give your floor a great big bear hug with this playful grizzly rug! Using a patchwork of floral fabrics, stitch together the body of the bear and then add the details (eyes, nose, ears and paws) with blanket stitch in coloured thread. Beary nice!



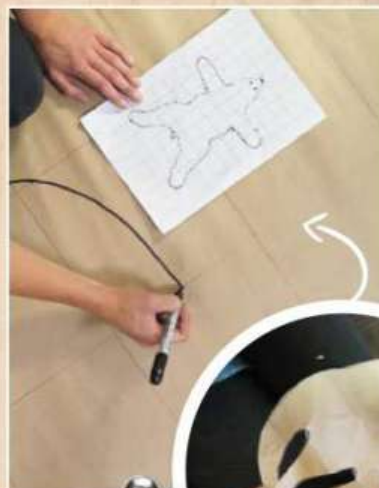
Go, grizzly, go!

Have fun with a bearskin shape for this playful rug, or get inventive and use any animal outline you desire! Our tip? Pick up fabric remnants (upholstery pieces are ideal!) to keep costs down.

There's a bear in there!

free
PROJECT
SHEET

We've put comprehensive step-by-step instructions for this bear rug on a project sheet so it's easy for you to make at home. **How to get your project sheet** Visit bhgshop.com.au/projectsheets where you can download the project sheet, or post a stamped (\$1.20), self-addressed C5 (162 x 229mm) envelope to *Better Homes and Gardens*, Bear Thrills, November 2015, GPO Box 7812, Sydney NSW 2001. Please allow up to 10 days for postal delivery.



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NEW

**SAVES WOOD.
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LEARN HOW TO PAINT A DECK

Use this free **viewa** app and scan this page to see a helpful step by step how to video and painting tips.



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Renew It! is the ultimate rescue for worn or weathered wood and concrete. It locks down splinters and fills cracks up to 5mm deep to give new life to time worn wood and concrete surfaces.

Visit whiteknightpaints.com.au for more details.





BEFORE

snap happy

Create an eye-catching mural from your own photos

Love the idea of a full-height feature photo on your wall? Start by taking your own high-resolution shots before heading online to customise your image to fit your space. Then print, peel and stick!

steps



STEP 1



STEP 2



STEP 3

Meet the HOMETOWN HERO

Aldona Kmiec, a Polish-Australian photographic artist, specialises in lifestyle imagery and portraiture, particularly the stories and faces of Australian migrants. Based in Ballarat, Victoria, Aldona is known about town for her contributions to local and regional projects. *Better Homes and Gardens* TV presenter Tara Dennis had the chance to collaborate with Aldona – they show you how to create a fab wall mural from your own photos. It's a snap!



Bring a new scene to your zone with a photo mural. It goes up just like wallpaper, but its design is unique to you!

PHOTO WALL

Here's how

- STEP 1** Order your mural online and follow the steps to customise your image to suit your wall (try pickawall.com.au).
STEP 2 On your work surface, carefully peel away top part of backing paper.
STEP 3 Stick top edge to your wall, pressing mural flat against your wall as you peel away remaining backing paper.

For shopping details,
see Stockists page

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*easygroove 300 wall panelling featured

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Build on tradition

Learn from a master craftsman the art of working with wood



There is nothing like the beauty and grace of handcrafted furniture. Using pieces hewn from solid timber, the traditional art of chair-making has been practised for centuries. See how a classic stool is made, plus discover a few tools and tips for any woodworking project.

Have a seat

Even a project as simple as this stool has loads of skills for the budding woodworker to admire and learn.

Meet the HOMETOWN HERO

Glen Rundell from Kyneton, Victoria, is a traditional chair-maker. He is also a champion of traditional trades – a believer that, without exposure, skills such as blacksmithing and coopering (barrel-making) that have been refined over hundreds of years will disappear. Glen founded the Lost Trades Fair to showcase traditional artisans and bring their skills to a wider audience in the hope that they would not just survive, but thrive. He also holds courses to give people hands-on experience with the art of chair-making.

For more information, visit rundellandrundell.com.au



We've put comprehensive woodworking tips on a project sheet to give you all the info you need!

How to get your project sheet Visit bhgshop.com.au/projectsheets to download the project sheet, or post a stamped (\$1.20), self-addressed C5 (162 x 229mm) envelope to *Better Homes and Gardens*, Build on Tradition, November 2015, GPO Box 7812, Sydney NSW 2001. Please allow at least 10 days for postal delivery.

WHITES

Thinking Outside

GardenUp®

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did you know?

Vertical gardens are perfect for potted colour, succulents, edible gardens such as herbs & tomatoes, and a variety of trailing plants.



Freedom to Grow
what you want, where you like

make
*vertical
gardening*
easy

Mix 'n' Match

Whites Garden Up Mix'n'Match range of pots and hooks are designed to give you the freedom to plant what you want, where you like. We have a solution that will get your favourite plant hanging in minutes.

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SLATS

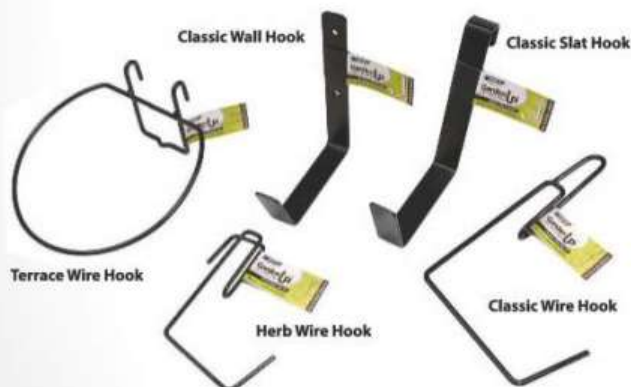
screens & fences

WIRE

trellis & mesh

WALL

bricks & fences

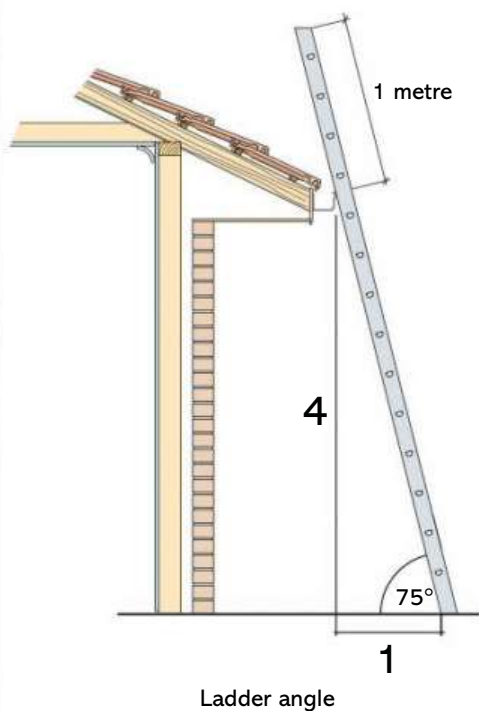


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Thinking Outside
think **WHITES**

Set it straight



Tip

Always face the ladder as you climb up and down, and step in the centre of rungs. Maintain three points of contact (eg, two feet and one hand) and wear non-slip shoes. No thongs allowed!

1



2



3



1

Ladder laws

Falls from ladders are the leading cause of DIY injury and death in Australia, so it pays to take safety seriously. Here are a few simple tips and a couple of new products to make sure you make it down the same way you went up.

Set it straight

1. Place the ladder on firm and level ground. If the ground is soft, sit the ladder on a wide board. Use a 4:1 ratio (four up to one across) to work out the distance of bottom of ladder from wall (see diagram, left). If accessing the roof, make sure the ladder top extends at least 1 metre past the roof edge (see diagram, left).

Life at the top

2. Once you are up, always keep one hand on the ladder and only work within arm's reach. While it may be tempting to stretch out to get the job done, it's worthwhile taking a few minutes to step down and reposition the ladder. Ladder's Little Helper is a product that sits over the gutter where the ladder will rest. It has rubber strips that give extra grip to help prevent the ladder from slipping. Bonus: it also protects your gutter from scratches.

On the level

3. You can't always count on flat ground where you need to set up your ladder, and propping it up on bricks or blocks of wood is a no-go. A simple solution is a ladder levelling kit. Bolted to the side of an aluminium ladder, it allows you to extend one leg of the ladder to suit uneven ground. It's able to accommodate changes in level of up to 280mm, so you can safely set your ladder no matter where you are.

2

Winder replacement

Falls out of unsafe windows are surprisingly common, especially for young children. Here, the winder on an awning window is broken and the only way to open it is with a firm push. Forget about risking falling through or breaking the glass – replacing a broken winder is an easy operation.

STEP 1 Unscrew broken unit from window frame and sash. If fitted with one-way screws, you will need to drill heads off screws to release winder then remove rest of screw with pliers.

STEP 2 Place new window winder on frame so chain



STEP 1

is in centre of sash. Screw winder to frame and chain plate to sash.



Stay on your feet one step at a time

safety first

When you think of accidents around the home, it's likely that electricity, fire and water are the dangers that spring to mind. However, slips and falls rank ahead of all these for causing injuries. Whether you have a black spot, like a dodgy set of steps, or you know you should undertake maintenance more safely, here are a few ideas and techniques to protect you, your family and visitors.

3

MAKE A BALUSTRADE

Stairs are where falls and accidents commonly occur, so it makes sense to do all you can to make them safer. This set of steps is covered in slippery moss and dirt, has no balustrade and the final step down to the ground is much bigger than the rest. Time for a safety makeover!

Gather your supplies

- Landing posts, 1210 x 88 x 88mm primed treated pine (2)
- House post, 960 x 88 x 88mm primed treated pine
- Stair post, 1600 x 90 x 90mm H4 treated pine
- Handrail, 138 x 42mm primed treated pine
- Side rails, 138 x 42mm primed treated pine
- Bricks, for existing 300 x 300mm pavers

You'll also need

Pressure washer; pencil; angle grinder with concrete-cutting blade; power saw; drill; 25mm spade bit; 12mm wood bit; 12mm masonry bit; M12 x 150mm AnkaScrews (2 per post); socket spanner; post-hole digger; spirit level; straightedge; quick-set concrete (2 bags); 100mm galvanised wood screws; exterior PVA glue; Selleys Plasti-Bond filler; undercoat; Dulux Weathershield Semi Gloss (we used Vivid White); wheelbarrow; brickie's sand; cement; trowel; shovel; rubber mallet ►





STEP 12



STEP 1



STEP 13



STEP 3



STEP 15



STEP 4



STEP 16



STEP 6



STEP 17



STEP 7

For project supplies,
see Stockists page

Here's how

STEP 1 Use pressure washer to remove dirt and moss from steps.

STEP 2 Mark position of posts with pencil. You will need 1 at wall of house, any corners and top and bottom of steps. Insert extra posts if you have long distances between these points.

STEP 3 In order to securely fix landing posts to bricks, use angle grinder with concrete-cutting blade to cut a notch in concrete steps. Make end of notch flush with bricks.

STEP 4 Cut 1 landing post to length. Cut outside corner off bottom of post to soften edge. Measure and mark post for AnkaScrews, with 1 screw going in concrete and another into centre of a brick. Use drill fitted with 25mm spade bit to drill 15mm-deep countersunk holes at these points. Switch to 12mm wood bit to continue all the way through post.

STEP 5 Place post in position and, using 12mm masonry bit, drill top hole into concrete. Insert AnkaScrew and tighten with socket spanner. Using spirit level, make post plumb, then drill lower hole into brickwork, insert screw and secure. Repeat Steps 4 and 5 to install other landing post.

STEP 6 Measure and mark house post for AnkaScrews so they go into centre of bricks at top and bottom of post. Countersink, drill holes and attach to wall as you did for landing posts, using spirit level to make plumb.

STEP 7 Cut stair post at least 50mm over length. At bottom of steps, use post-hole digger to dig a 300mm-wide hole 500mm deep. Place stair post in position, make plumb and bolt to step.

STEP 8 Mark centre of top of post at top of steps. Put straightedge on side of post at this mark running down to post at bottom of steps. Make straightedge parallel to steps, then scribe line of straightedge on posts. Unbolt posts and cut along these lines, then reposition. For stair post, half-fill hole with water, pour in concrete and mix.

STEP 9 Cut handrails to length. Predrill and fix to posts using 100mm galvanised screws. Mitre join at corner and screw across it to keep it together. Where horizontal and sloping handrails

meet, bisect the angle between the 2 and cut handrail accordingly. Apply exterior PVA glue to all joins.

STEP 10 Screw first row of side rails to posts 82mm up from landing. As with handrail, mitre joins at corner and bisect angle where sloping and horizontal side rails meet. Cut accordingly. At stair post, make end of side rail flush with face of post. Attach remaining rows of side rail with an 82mm gap between them.

STEP 11 Use Selleys Plasti-Bond filler to fill all screw holes. Leave to set then sand smooth. Apply undercoat to filled areas and let dry, then apply 2 coats of selected colour of Weathershield Semi Gloss.

PAVED STEP

STEP 12 Excavate and level area where step is to be constructed. The ground should be about 110mm plus thickness of paver below finished level of new step.

STEP 13 In wheelbarrow, make a mortar mix of 4 parts brickie's sand to 1 part cement and add water. Mix should be wet enough so it holds its shape but is not runny.

STEP 14 To provide a guide for your bricks, lay out pavers along ground 290mm in front of riser of last step. Use trowel to spread a generous bed of mortar. Press first brick down into mortar against pavers. Top of brick should be thickness of paver plus 10mm (for mortar) below finished level of new step.

STEP 15 Butter short edge of next brick and lay against first so they are same level and in line. Repeat to lay following bricks. Make final brick finish 10mm from end of pavers. Place spirit level on top of bricks and tap with rubber mallet to make level if necessary.

STEP 16 Spread more mortar and lay bricks behind those already laid. As they will be covered by pavers they do not have to look good, just be level with first row. Shovel more mortar in to fill gap between bricks. Leave to set.

STEP 17 Mix up more mortar and lay on bricks to make a 10mm thick bed for pavers. Lay pavers on bed so they overhang bricks by 10mm. Use rubber mallet to tap pavers into bed and make level. Leave to set.

New Selleys Ezi Press



DIY HERO



Even if you're a complete beginner, **Selleys Ezi Press No More Gaps** will make the job simple. It's easily applied at the press of a lever, and perfect for use in areas like stairs, ceilings and hallways



Selleys Ezi Press No More Gaps Multipurpose filler is the NEW easy-to-use application system that doesn't require a caulking gun. Simply apply at the press of a lever. Perfect for filling gaps around the home such as around window frames and skirting boards.

You'll find more great products in the **Selleys Ezi Press range**: Liquid Nails, No More Gaps, Wet Area and 3 in 1, Ezi Press.



DIY Project

NO MORE GAPS: SKIRTING/WALL REPAIR

Here's how:

STEP 1 Scrape and clean the rough edges with a metal scraper to clean area and square up the edges.

STEP 2 Sand the rough edges of skirting smooth.

STEP 3 Vacuum or blow the crack clean of any particles and ensure surfaces are clean.

STEP 4 Take Ezi Press and remove tab lock and nozzle cap, then twist collar towards MAX. Adjust collar towards MIN for a slower flow.

STEP 5 Simply press lever to apply.

STEP 6 Fill the gap with No More Gaps. Have a damp rag handy to smooth the join and remove any excess product. Smooth any beads with a wet spatula or your finger.

STEP 7 Clean up excess with a damp cloth.

STEP 8 Allow 3 hours before painting with water based paints or 72 hours for oil based.



STEP 1



STEP 4



STEP 7

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in your toolbox

The unsung heroes of DIY want to call your place home

Drill, yep. Hammer, got it. Saw, you betcha! So you have the big guns sorted, but there's a list of other hand tools you'll notice we use in a wide range of projects. Here is an edit of our top 10, plus your chance to win the lot, too.

1 Oh, screw it! Most of you are familiar with a simple screwdriver set but a single one that allows you to access several interchangeable bits is an appealing addition to your kit.

2 Multi-use. You see them clipped onto the old man's belt, and that's usually for their bottle-opening capabilities, but the multifunction tool is a nifty device to keep in your toolbox, if not on your person.

3 Precision decision. We talk about this handy must-have all the time; enter the humble utility knife. Ideal for precision cutting, choose a model with single-hand operation and an easy-slide, open-and-close mechanism.

4 Big softie. When you require a lighter blow than your regular hammer, opt for a rubber mallet. Jobs where you can find this useful include sheet-metal and plasterboard work.

5 Riveting times. The hand riveter, commonly referred to as the 'what is that thing for?' gadget in our workshop, will work its way up your favourites list once you realise its potential. Useful for joining two pieces of metal together through a pre-drilled hole, it's ideal for jobs such as reattaching loose guttering.

6 Plaster master. Need to cut small holes in plaster walls? Then a wallboard saw is the go-to choice. The serrated edges of this bad-boy, combined with the sharp tip to pierce the wall, let you carve right through plaster walls with ease.

7 Feelin' ratchet. A stubby ratchet driver is the handiest little thing we ever did see! The screwdriver bits remain locked in, while the ratchet locks onto the bit, allowing the screwdriver handle to turn freely.

8 Clamp stamp. No matter how many spring clamps you pick up at the hardware store, we reckon you can never have enough! They're the extra hand (or two, or three!) you need when painting or gluing.

9 Staple ingredient. It's the mother of all crafter's kits – the staple gun. We love using it for upholstery projects or the back of picture frames but they're equally handy for woodworking projects or hanging low-voltage Christmas lights.

10 You've got spirit... If you want things to line up, what you need is a spirit level! If you're only doing small jobs around the house, a stubby version is perfect – plus they're ideal for cramped jobs.

For shopping details, see Stockists page

WIN!
ALL THESE
TOOLS

Win a Trojan tools pack

We have 25 gift packs up for grabs, valued at \$172.86 each. The pack includes a stubby ratchet, wallboard saw, spring clamps (2), stubby level, utility knife, rubber mallet, multifunction tool, staple gun, hand riveter and 26-piece precision screwdriver set. For your chance to win, tell us in 25 words or less what jobs you need to do around your home that will keep this kit well loved and well used! The wittiest entries, as judged by **BH&G**, will win. Write your answer along with your name and address on the back of an envelope and send your entry to: **BH&G Trojan tool competition**, GPO Box 7812, Sydney, NSW, 2001.

CONDITIONS OF ENTRY Visit bhg.com.au for full terms & conditions. Competition opens on 17/09/15 at 0900 AEST and closes on 14/10/15 at 1700 AEST. The winners will be judged at the Promoter's premises on 02/11/15 at 1100 AEST. Total prize value is up to \$4,321.50 as at 27/08/15. Winners will be notified by mail and their names will be published online at bhg.com.au on 06/11/15. The Promoter is Pacific Magazines Pty Ltd, 8 Central Ave, Eveleigh 2015 (ABN 16 097 410 896).

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1

Paintable gap filler An essential part of preparation before painting is to fill gaps. Fillers such as Selleys No More Gaps are flexible, resisting movement between skirtings, architraves and walls, which causes more rigid fillers to crack. They are easy to work with and you can usually paint over them in a few hours. A new innovation is a lever on the tube, which means you don't need a separate caulking gun.

Tip Try to complete a run of gap filling in one go so you end up with a smooth finish all the way along.



2 silicone sealants

This product is great for filling gaps that need to be waterproof – this includes between the bath and tiles, or around a vanity. The gap between kitchen splashback and benchtop is another spot.

Tip Make sure you get the right product for the job. Guttering silicone needs to be a neutral cure so metal won't corrode, while bathroom silicones contain fungicides to resist mould.



4 Wall holes

Cracks and holes left by screws in your walls are best fixed with a rigid filler. There are different types depending on crack size, wall material (plasterboard or masonry) and location – inside or outside. Remove loose or flaking material around crack. Slightly overfill hole then sand. Use powdered filler in deep holes – you can vary water content in the mix.

3 WOOD WORRIES

Nail and screw holes in timber can be easily hidden with water-based wood filler. It's available in a wide range of colours matched to common timbers used in furniture, flooring and decorative mouldings. You can tint it yourself to get the perfect match for your particular job.

Tip Speed up the drying time by raising the temperature of a room or using a heat gun.



Holes, cracks and gaps are a part of life for any DIYer. Whether it's a nail hole in a new timber project, a crack that needs to be fixed before painting or a leaky gutter, there's a type of filler suitable for all situations at your place.

5 building bogs

Bogs are used to fill quickly a large volume with a durable, heavy-duty material. They're great for large screw holes as they set rock hard in minutes so you can begin painting. A bog is a two-part product in which a hardener is added before the mix is applied. While hardening you can carve it to match the profile of the material you're applying it to.

Tip Don't add too much hardener as the mix will begin setting before you are ready.





1

the best on show

Ideas and inspiration
for your outdoors

Chook run



2



3



4

Loaded with tips, tricks and projects, *Better Homes and Gardens* TV took the show on the road, setting up shop at the Bunnings Warehouse store in Coffs Harbour, on the NSW mid-north coast. Over three jam-packed days, the team showed off lots of fab garden inspiration for you to enjoy. Here are the best bits...

1. The car park was transformed into five theme gardens – a chill-zone, a kids' corner, an aquaponics garden, a chook run and a drought-hardy garden.

2, 3. How clever is this? The chook run features a sitting spot and a raised vegie garden on top – hello, space-savvy style!

4. Recycling household scraps into fresh eggs – what's not to love about the hardworking chook?

5. Making a mess is the aim of the game at this kids' outdoor play kitchen. Build a similar set-up along your back fence – including hooks for all the utensils the kids need to make mud pies. Absolutely loving the bright painted wall, too!

6. The drought-tolerant garden shows just how good low-maintenance plants can look – here, aloes, lomandra and Pittosporum 'Golf Ball'.

7. Give your garden that authentic rural touch with a miniature windmill, handmade by you! To get your hands on the instructions to make this model, see far right.

For shopping details,
see Stockists page

Kids' garden

free
PROJECT
SHEET

We've put the step-by-step instructions to make this windmill on a project sheet to make it easy for you to replicate at home.

How to get your project sheet Visit bhgshop.com.au/projectsheets to download, or post a stamped (\$1.20), self-addressed C5 (162 x 229mm) envelope to The Best On Show November 2015, Better Homes and Gardens, GPO Box 7812, Sydney NSW 2001. Please allow up to 14 days for postal delivery.

5

6

Drought-hardy garden

7



SEE THE FULL STORY
Scan this page with the free
viewa app for more behind-the-
scenes pics of this special event.





Kids' garden



8

9

8. Patch pals! Use pebbles to make a few smiley-faced veggie friends for your patch. For a carrot cutie, paint the pebble orange. Let dry, then make a face with white paint and a marker pen. Add a carrot-top hairdo with thin green and orange foam; just roll, snip and glue on top.

9. These raised garden bubble beds by Birdies are brilliant for a kids' garden – fun colours to choose from and no sharp edges.

10. An elegant fish pond with a hidden secret. The water gets pumped through a veggie bed – it's called aquaponics!

11. He said, she-shed! Enclose a kit pergola with four walls and a set of double doors. Painted in soft hues, it's the prettiest backyard escape.

12. Cheers! This fun storage idea keeps your wine collection close at hand. Against one wall in your shed, stack a few rows of terracotta cellar bricks for the ultimate DIY wine rack. Easy!

13, 14. Just add furnishings...

Turn your shed into a relaxing zone with artworks on your walls, a comfy outdoor setting, a stylish rug and a selection of pretty cushions.

For shopping details, see Stockists page



10

Aquaponic garden



Primula



Nemesia



Aloe 'Erik the Red'



Viburnum



Serruria



Statice

What we planted

*Pinch your favourite idea...
and pitch it in your backyard!*



Chill-zone

11



12



13



14

1

Tip! Where the space permits, drop a raised servery down to brekkie bar height and increase the depth for maximum impact. An entertainer's dream!

BUNNINGS
Special

Combine
a mixture
of sleek
contemporary
finishes to
create a slice
of urban
style in your
new kitchen

your **renovation** *recipe*



2



All you need is a quick trip to the hardware store to make amazing changes in your kitchen. Tweaking its layout and funk up the finishes will make a world of difference. Go for sleek blue-grey cabinetry paired against timber grain laminate, concrete-look benchtops and smart subway tiles, and you'll be saying hello to a magnificent multi-tasking space! ►

3

1. On the facing side of your wide breakfast bar, include an underbench opening to host a duo (or more) of bar stools. If you have room, install underbench cabinets, too. Storage on the dining room side of your kitchen is ideal for tabletop napery and items used once in a blue moon (think the turkey platter and space-stealing cake stands).

2. The subway method of laying wall tiles, also known as brick pattern, isn't departing the top of the design trend list anytime soon. Loving this idea for your splashback? Amp up the detailing with gorgeous bevelled edge tiles – a classic-looking backdrop to your countertop caddies.

3. Forget kitchen cabinetry needing to look same-same. Opt for a mix of colours and textures instead. Our tip? Keep lighter shades up top and darker finishes anchored to the pantry and bank of base cabinetry for a well-balanced look.



For shopping details,
see Stockists page

Psst......check out this clever fridge revamp. Paint yours with appliance paint for the same effect!

Jargon buster!

If you're wondering what a 'waterfall drop' is all about, this divine detail sends your benchtop material cascading at a 90-degree angle down the end of your benchtop to the floor.

4

4. Choose a deep charcoal, concrete-look finish for your benchtop. A waterfall drop at the end of your brekkie bar adds the ultimate va-va-voom.

5. Be clever with remaining wall real estate by knocking up an open storage unit – ideal for regularly used items and potted herbs. See how on page 180.

6. Check the specs of what finishes best suit your space for a customised look. Here, the offering from Kaboodle kitchens includes modern profile cupboard doors in Spiced Oak (light woodgrain) and Charcola (dark blue-grey), plus industrial-looking benchtops in Taranade (grey).

7. Tapware ranges finished in black have us wolf-whistling down the hardware store aisles! Love the look? Go for matt black in super-sleek, sexy designs.

8. Never mind the gap.

Instead of letting that sliver of extra space bug you when planning out, just roll with it! Make the most of narrow gaps in cabinetry with an open cavity for cookbooks and serving boards.

For shopping details, see Stockists page

Add equal parts function and style for complete kitchen bliss



5

6

7

8

**PINEO
CLEEN**

PINE O CLEEN ADVERTISING FEATURE

TIP:

Stick to a soft, neutral colour palette when designing or decorating your bathroom to create a calming ambience.

FIND YOUR SPARKLE

Let your bathroom shine and help create a clean, invigorating space with the great range from Pine O Cleen

The bathroom should be a clean, beautiful place that invites you to relax and unwind. While it sounds nice in theory, keeping the bathroom clean and fresh can be time consuming – and no one wants to spend hours scrubbing showers and mopping floors. Fortunately, you can get the job done quickly and painlessly with Pine O Cleen. Its range of trigger sprays, wipes and floor cleaners cuts through grease and grime fast to help leave the shiniest surfaces and a lasting fresh fragrance.



BRILLIANT SHINE

Pine O Cleen Bathroom Expert cuts through tough soap scum and grime with ease. Suitable for use on benchtops, rubbish bins and sinks, it leaves surfaces clean, kills 99.9% of germs* and delivers a spectacular shine and a clean, lasting fresh fragrance.



QUICK AND EASY

Great for everyday use or small touch up cleaning, Pine O Cleen Crisp Apple Wipes make cleaning quick and simple. Wipe them over your bathroom surfaces, taps, sinks and even the toilet, to remove grease, grime and dirt and give a beautiful shine with a lasting fresh fragrance.

FABULOUS FLOORS

Pine O Cleen Pomegranate Blossom Floor Cleaner makes cleaning floors and bathroom tiles easy with a special formula to cut through tough dirt and grime. Just a little in warm water will whisk away dirt and grime and help leave the shiniest floors and a lasting fresh fragrance.



FOR MORE INFORMATION VISIT **PINEOCLEEN.COM.AU**

Always read the label. Use only as directed.

*E. coli, salmonella and staphylococcus

get ^{the} look



Atlantico
cafe bowls,
\$21.95 each,
Domayne.



Terracotta
white jug,
\$39.95, Salt
and Pepper.



Gerflor Senso vinyl
planks in Bamboo
Light, \$60.49
per 2.2m² carton,
Bunnings.



Homemaker
bamboo
steamer, \$10,
Kmart.

Johnson bevelled edge
wall tiles 200 x 100mm,
\$29.90 per carton of
50, Bunnings.

Northcote terracotta pots, \$2.49
each; Assorted herbs 100mm,
\$3.98 each, both Bunnings.



Terracotta white
casserole dish,
\$69.95, Salt and
Pepper.



Revive glasses
in Pale Green,
\$7.95 each,
Domayne.



Bowl with triangles
in Black and White,
\$2.50, Kmart.



Barton
rectangle
board,
\$89.95,
Country
Road.



Barton
marble board,
\$69.95,
Country Road.

For these shopping details,
see Stockists page

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fresh features

9



9. Storage is the champion of any kitchen design, so make the most of above-fridge space with an upward opening cupboard and full-height pantry. You'll love the extra stowaway space – it's the secret to any tidy kitchen!

10



10. When skimming the aisles and catalogues, take a second to look at laminates and other 'look-alike' products that mimic the real thing. Here, you'd never know these kitchen finishes are imitation.



11. A simple butt-joined box shelf is easy to construct, and the 235 x 19mm shelves can display regularly used items or potted herbs. Make yours by fixing together with PVA and countersunk screws, filling holes with wood filler, then sanding and varnishing. Attach a painted backing board (painted to match your wall colour), then screw through this into wall studs or wall plugs in masonry walls to hang.

Photography Andy Lewis, Vanessa Tidy; styling Vanessa Tidy (magazine); project Chris Cort
Prices are approximate and intended as a guide only.

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Live comfortably all year-round with the **Odyssey air exchange system**. Using award-winning technology, it removes hot, stale air from inside your home and replaces it with cool, fresh outdoor air. In winter, the system can be set to draw in warmer air and manage condensation. The result is a fresher, healthier home and a better living



New features and benefits

The new and improved Odyssey air exchange system features **HUMIDITY SENSORS** to manage condensation in the roof space. These sensors provide relief from excessive moisture and help protect against potential damage to your rafters, insulation and ceilings. They also help improve the air quality in your home, which is good news for asthma or allergy sufferers.

THE NEW TOUCH SCREEN features a larger screen, improved graphics and a number of new features and settings that make Odyssey even easier to use. And because **TEMPERATURE DATA** is logged, you can now go back as far as two years, and see how the temperature in your home has performed based on the temperature settings selected.



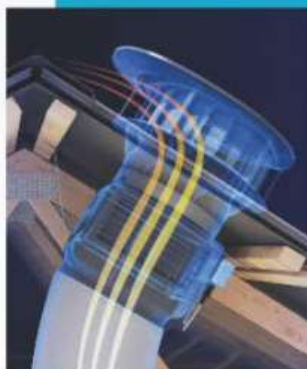
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Odyssey is a proud partner with the National Asthma Council Australia's Sensitive Choice® program, improving the quality of life for those with asthma and allergies.



It's easy to use!

Simply use the Moisture Control Screen to view and manage condensation levels. Use the Roof Space Screen to set the temperature in your roof space. And monitor your temperature data via the Logged Data Screen.



ODYSSEY COSTS AROUND \$35 A YEAR TO RUN!*

HOW IT WORKS

Odyssey's roof-mounted ventilator is ducted through to a sleek ceiling vent in the living area. A touch screen control panel is connected to sensors monitoring internal and external temperatures, to maintain comfortable indoor living conditions.

*Based on a running cost of 28c per kW/h on a single Odyssey system.

FOR AN EASY TO INSTALL SYSTEM CALL US TODAY ON **1800 332 332**, OR VISIT **ODYSSEY.COM.AU**





Fast Ed's Cypriot-style rib-eye with grilled vegetables

This is all about making steak light and healthy. Sharp, acidic elements cut through the richness of the beef and combine with a smoky flavour to create a brilliant tasting dish.

Fast Ed's Cypriot-style rib-eye with grilled veg

Preparation time: 10 mins
plus 20 mins marinating
Cooking time: 15 mins
Serves 4

1 Tbsp red wine vinegar
2 tsp ground cumin
1 tsp dried ground sage
1 tsp dried Greek oregano
8 cloves garlic, crushed
¼ cup extra virgin olive oil
4 x 230g rib-eye cutlets, French trimmed
18 mixed baby carrots, peeled, halved
2 heads baby fennel, trimmed, cut into wedges
Sea-salt flakes and freshly ground black pepper, to season

250g punnet cherry tomatoes

4 lemons
½ bunch flat-leaf parsley leaves, finely chopped
Karen's warm honey feta dressing (see next recipe)

1 Put vinegar, ground cumin, sage, oregano and ¾ of the garlic in a bowl, mixing well to combine. Set aside for 5 minutes or until dried herbs have softened. Stir in ½ of the oil. Put steaks in a shallow dish and add marinade, turning steaks to coat all over. Set aside for 20 minutes.
2 Meanwhile, preheat barbecue grill to high. Toss carrots and fennel in remaining oil and season generously. Cook on grill, turning regularly, for 5

spring BBQ feast

BUNNINGS
Special

Ed and Karen join forces as they cook up a storm in Coffs Harbour, NSW, on their Bunnings roadshow

minutes or until lightly blackened. Transfer to a roasting pan along with tomatoes and set on barbecue resting rack.

3 Season steaks with salt, then arrange on grill and cook, turning regularly, for 8 minutes or until medium-rare. Drizzle regularly with juice of 2 of the lemons. Put steaks on barbecue resting rack for 3 minutes.

4 Halve remaining lemons and grill until blackened. Toss vegies in chopped parsley, then serve with steaks and grilled lemon, drizzled with Karen's warm honey feta dressing.



Karen's warm honey feta dressing

Preparation time: 10 mins
Cooking time: 5 mins
Makes about 1 cup

1½ cloves garlic
1 tsp sea-salt flakes
1 Tbsp Dijon mustard
Juice of ½ a lemon
2 Tbsp white wine vinegar
1 Tbsp honey
150ml extra virgin olive oil
Freshly ground black pepper, to season
120g firm Greek-style feta, crumbled

1 Put garlic, salt and mustard in a mortar and grind with a pestle until a paste forms. Add lemon juice, vinegar and honey, stirring to combine. Stir in oil and season with pepper. Set aside for 2 minutes.

2 Transfer mixture to a small saucepan and add feta. Bring to a simmer over a low heat, then cook, stirring occasionally, for 2 minutes or until feta breaks down. Serve dressing warm.

Karen's brined and barbecued herb chicken

Preparation time: 15 mins
plus 2 hours brining and 30 mins marinating
Cooking time: 10 mins
Serves 6

50g fine salt
500ml warm water
8 skinless chicken thigh fillets
1 lemon, halved

300g plain unsweetened Greek-style yoghurt
 ½ cup mint leaves, finely chopped
 ½ cup fresh oregano leaves, roughly chopped
 ½ cup flat-leaf parsley leaves, roughly chopped
Fast Ed's barbecued beer bread
 (see next recipe), to serve

MARINADE

1 Tbsp dried Greek oregano
 Freshly ground black pepper, to season
 1½ tsp sea-salt flakes
 Finely grated zest of 1 lemon
 2 cloves garlic
 80ml extra virgin olive oil

1 Stir salt and water in a large bowl. Add chicken and store in fridge for 2 hours. Remove chicken from brine, discarding brine. Pat dry and set aside.
2 To make marinade, put dried oregano, pepper, salt, zest and garlic in a mortar. Crush with pestle to form a paste, then stir in oil. Rub marinade all over chicken fillets to coat, then set aside for 30 minutes to allow flavours to infuse.
3 Meanwhile, preheat barbecue to high. Cook chicken for 3 minutes on each side. Cook lemon halves, cut-side down, on barbecue for 3 minutes.
4 Spread an even layer of yoghurt on a large serving platter. Cut chicken into slices, then sprinkle over fresh mint, oregano and parsley, tossing chicken to combine. Pile herb-covered chicken on top of yoghurt. Serve with beer bread pieces and grilled lemon halves on the side.

Fast Ed's barbecued beer bread

Preparation time: 5 mins
 Cooking time: 15 mins
 Serves 4

3¾ cups self-raising flour
 1 tsp baking powder

¼ cup oat bran
 2 tsp fine salt
 375ml dark ale
 ½ cup Greek-style feta, crumbled
 ¼ cup sage leaves, finely sliced

1 Sift flour, baking powder, bran and salt into a large bowl and stir to combine. Form a well in centre, then pour in beer. Gently combine until shaggy, then add crumbled feta and sage. Continue mixing until a dough forms.
2 Put a non-stick barbecue liner on flat-plate of a barbecue set to low. Divide dough into 2 pieces and flatten into oval-shaped pieces. Arrange on barbecue liner and cook, turning several times, for 15 minutes or until deep golden and cooked through. Chop bread into pieces to serve.

Kids' banana cream pie

Preparation time: 10 mins
 Cooking time: nil
 Serves 4

150g store-bought shortcrust pastry flan case
 75g white chocolate, melted
 3 ripe bananas
 2 Tbsp brown sugar
 ½ cup cake crumbs
 600ml thickened cream
 2 Tbsp icing sugar mixture
 1 tsp vanilla bean paste
 White chocolate shavings, to decorate

1 Brush inside of shortcrust pastry flan case with melted chocolate. Set aside until firm.
2 Put bananas and sugar in a bowl, crushing with a potato masher to combine. Fold in cake crumbs, then spoon mixture into pastry case.
3 Put cream, icing sugar and vanilla in a bowl and whip until stiff peaks form. Spoon on top of pie in peaks. Serve decorated with choc shavings.



Karen's brined and barbecued herb chicken
 Brining chicken before cooking it helps stop the meat from drying out, resulting in a juicier bird with greater flavour.



Kids' banana cream pie

A no-bake dessert that's ready in a flash and so easy, even the kids can put together? Winner!

it's a cakeover!

Cheat your way to sweet success
with a store-bought sponge

Orange jelly, cream and custard cake

Preparation time: 30 mins plus

1 hour chilling

Cooking time: 5 mins

Serves 6–8

Cooking oil spray, to grease

85g packet orange jelly crystals

1 tsp gelatine powder

1 cup boiling water

½ cup cold water

1 Tbsp brandy

2 Tbsp golden syrup

½ cup orange marmalade

2 oranges

1 x 16cm store-bought

sponge cake

300ml thickened cream, whipped

1 cup thick vanilla custard

1 Tbsp flaked almonds, toasted

STEP 1 Grease two 16cm round
cake tins with cooking oil spray
and line with plastic wrap. Put jelly

crystals and gelatine in a heatproof
jug. Add boiling water and stir until
crystals dissolve. Stir in cold water.
Pour evenly into prepared cake tins.
Refrigerate for 1 hour or until set.

STEP 2 Meanwhile, boil brandy,
golden syrup and marmalade in
a small saucepan over a low heat
for 2 minutes. Strain. Cool for 15
minutes. Refrigerate for 30 minutes.

STEP 3 Meanwhile, peel and
segment oranges, pat dry. Set aside.

STEP 4 Cut sponge cake in half
horizontally using a serrated knife.

STEP 5 Remove 1 of the jellies
from tin and put on a flat surface.

STEPS 6 & 7 Top jelly with 1 cake
half. Invert. Remove plastic.

STEP 8 Top with ½ of the cream,
then sandwich with remaining cake
half. Drizzle over a little syrup. Top
with segments, custard and remaining
cream. Dice remaining jelly and scatter
on top, along with toasted almonds.
Serve drizzled with remaining syrup.



STEP 1



STEP 3



STEP 4



STEP 5



STEP 6



STEP 7



STEP 8



Orange jelly, cream and custard cake

This is a celebration cake
like no other with layers
of cream, custard, fruit
and glistening jelly.



*We love orange
jelly but go nuts
and use your
favourite flavour*

Your secret weapon in the laundry

The unique formula in **Dynamo** contains **Stain Lift Technology** that lifts dirt and stains and keeps them from re-depositing back onto your clothes, to deliver a powerful clean across your whole wash.



WASH WITH CONFIDENCE

CALLING ALL Weekend Warriors

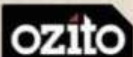


THE CHRISTMAS COUNTDOWN IS ON - ONLY 14 WEEKENDS TILL THE FESTIVITIES BEGIN!

Better Homes and Gardens has teamed up with a number of our advertising partners to give you all the inspiration you need to tackle those pre-Christmas jobs around the home and garden. Look out for Weekend Warrior Projects in this issue, and till January - all on sale pre-Christmas.

Share your progress and tag *Better Homes and Gardens* on Pinterest and Facebook, and you could win great prizes!

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Drop cloth gorgeous, page 24

Project supplies: ● **Bunnings:** Canvas drop cloths. Plastic-backed drop cloths. Eyelet pliers. 7mm eyelets. Leather hole punch. ● **Spotlight:** Cotton cord. Sewing supplies. Leather remnants. Jo Sonjas textile medium. Pillowcases. T-shirt jersey fabrics. Faux leather bag handles. Zippers. **Shopping details:** ● **Beachwood:** Round Blue straw placemats, \$39.95/set of 6. Bistro rectangular placemats \$55/set of 6. Linen 150 x 150cm tablecloth with heart trim in Blue Grey, \$110. Brooklyn cushion with blanket stitch in Red, \$145. Prewashed linen cushion in Aqua, \$95. ● **Bed Bath N' Table:** Morgan & Finch, Bamboo throw in Peacock, \$59.95. Morgan & Finch, Samira hand towel in Lagoona, \$14.95. Rib cushion with Jute fringe, \$39.95. ● **Dickson Avenue Furniture:** Blue rattan bowl (holding napkins), \$30. Small ceramic pot (holding cutlery), \$15.50. Large pot, \$36.50. ● **Freedom:** Flora Deco jug, \$19.95. Spritsa jug in aqua, \$29.95. ● **Garden Life:** Eco pots of recycled plastic pot 300 x 260mm H, \$35. ● **Kmart:** Red Hudson cushion, \$5. ● **Pottery Barn:** Hyannis lantern, \$49. Rope outdoor salad plates, dinner plates, and bowls in Red Blue, Green and Turquoise. Also, Rope outdoor serving set in Yellow. ● **Rapee:** Toulouse braided hemp placemat in Indigo, \$12.95 each. Eden Futon pad in Jade, \$29.95 each. Cascade throw rug in Navy or Aqua, \$79.95. Whisper cushion (inside Teepee) in Sky, \$49.95. ● **Rust:** Fab Mats outdoor rug, \$99. Aqua rug, \$399. Blue Stripe rug, \$249. Lazy Bone round cushion, \$59.95. Small bamboo lantern, \$89. Red metal drum/table, \$390. Tony Sly pottery platter, \$110. ● **West Elm:** Square lacquered tray, \$39. Textured blue bowl, \$4.95. Forged cutlery, \$49 per place setting. Round woven rattan tray, \$69. ● **Wheel & Barrow:** Outdoor, Poly Carb wine glasses, \$7.95 each. Sky Blue Hammered melamine 23cm plates, \$9.95 each. Plain red napkins, \$6.95 each. Rattan napkin rings, \$9.95/set of 4. ● **Williams-Sonoma:** Sonora Etched Tritan tumblers, \$12 each. ● **Avalon Floral Art and Wild Lotus:** Flowers.

Go outdoors for fun! – page 32

● **Domayne:** Compaq 7-piece outdoor lounge setting, \$2999. ● **Kas:** Canopy cushion in Coral, \$49.95.

2 clever designs for little spaces, page 48

Project supplies: ● **Australian Native Landscapes:** 80mm and 150mm black lava rocks. ● **Bunnings Warehouse:** Mortar mix. 600 x 400 x 40mm Adbri Euro Stone pavers in Prague. **Shopping details:** ● **Eco Outdoor:** Waratah dining table, \$1499. ● **Tait:** Jak chairs, \$550.

Show & smell, page 68

● **Aussie Winners:** Superbells *Calibrachoa* 'Cherry Red'. *Evolvulus* 'Blue My Mind'. ● **Australian Perennial Growers:** *Agapanthus inapertus* 'Silver Lining'. *Agapanthus inapertus* 'Midnight Cascade'. ● **Ball Australia:** *Osteospermum* 'Blue Eyed Beauty'. ● **David Austin Roses:** *Rosa* 'England's Rose'. ● **HighSun:** *Geranium* 'Big Splash'. Tomato Heartbreaker. Tomato Corndog. Tomato

Indigo Ruby. ● **OzBreed:** *Callistemon* 'Better John'. *Carpobrotus* 'Aussie Rambler'. *Trachelospermum* 'Flat Mat'. *Viburnum odoratissimum* Dense Fence. ● **PGA:** *Loropetalum* 'Flame n Gorgeous'. ● **RAMM Botanicals:** *Anigozanthus* Anniversary Gold. *Alstroemeria* Felicia. *Calibrachoa* Cruze Violet.

Rural charm, page 142

● **Adairs:** Home Republic Jasper QB quilt set, \$199. Jasper European pillow, \$29.95 each. Santana knit in Charcoal, \$59.95. Vintage washed linen pillow case 40 x 60cm in Charcoal, \$59.95. Arkana cushion in Mist Grey, \$39.95. ● **IKEA:** Ludde sheepskin in White, \$69. **Poho:** Assorted pots, from \$15. All flowers. ● **Pottery Barn:** Parquet round coffee table, \$1069. Park Hill lantern, extra large \$334; large \$239. Round jute rug in Natural, \$229. Daytrip lidded large basket, \$104. Murano glass lamp base in large, \$209. Straight-sided, bleached burlap, drum lampshade, \$99. ● **Provincial Home Living:** Kubu flowerpot aged grey, \$19.95. Kubu log basket, \$74.95. Kubu rectangle basket, \$29.95. Lucerne jug in Graphite, \$44.95. Lucerne shallow bowl in Graphite, \$44.95. Lucerne Maltine bottle, \$15.95. Letter 'H' 20cm, \$8.95; 13cm, \$5.95. Authorized cushion in Jute, \$39.95. Herringbone wool throw in Slate, \$199.95. Byron stripe wool throw, \$199.95. Audrey cushion 50 x 60cm in Taupe, \$44.95. Pascal cushion in Dove, 50cm, \$59.95. Pierre cushion in London Fog, \$59.95. Luca linen cushion 40 x 60cm, \$89.95. Luca linen cushion 50 x 50cm, \$89. Vigoureux 00 cushion in Jute, \$49.95. Convers cushion in Jute, \$39.95. Comte wooden cheese board, \$49.95. Anne wire round basket in Lead, \$16.95. Mayotte large food cover natural wire in Brass, \$34.95. Cucina rolling pin natural blonde, \$19.95. Harlow grater natural blonde, \$6.95. Cucina whisk 30cm silver, \$3.95. Harlow wooden spatula, \$6.95. Lorient stool in Elm, \$179.95. ● **The Bay Tree:** Rattan rectangle tray 32 x 20 x 4cm, \$95. Acapulco glass jug, \$29.95. Vintage scales, \$175. Sly modern white jug tankard, large \$66; small \$32. Sly modern white pasta bowl, \$32. Sly ocean colander, \$89.95. Sly white modern utensil jar, \$66. Timber Paratha bowl, \$13.75. Stoneware crock vase, \$175. Vintage produce crate, \$75. ● **The Lost and Found Co:** Round timber white wash bowl, \$59.95. Bread knife, \$19.95. Timber washed stool, \$50. Vintage watering can, \$44. Rolling pin, \$19. Brush, \$5.95.

Going, going... sold! – page 148

● **Berger:** Jet Dry in Dark Grey (used on concrete slab). ● **Bosch:** Power tools. ● **Bunnings Warehouse:** Sandleford letterbox Status in Black, \$104.50. Mimosa timber chair. Mimosa timber table. MyPave paver 400 x 200 x 40mm in Charcoal. All hardware supplies. ● **Dulux:** Weathershield Low Sheen in Oolong (used on fences and garage roller door). Precision maximum strength adhesion primer (used on kitchen cabinet doors and drawers). Aquanamel Semi Gloss in Natural White (used on kitchen cabinets). ● **Lawn Solutions Australia:** Eureka Kikuyu. ● **Rust-Oleum:** Benchtop Transformations in Galaxy Black (used on

kitchen benchtops). ● **Stylist's own:** All other items.

Twice as nice! – page 152

Project supplies: ● **Bunnings Warehouse:** Clever Cube 1 x 2 storage unit in White, \$30. Clever Cube 2 x 4 storage unit in White, \$119. Command small clear decorating cord organiser hooks, \$6.98/pack. Command small clear wire hooks, \$13.99/pack. ● **Dulux:** 1 Step Acrylic Primer, Sealer & Undercoat. Wash & Wear Low Sheen in Whakarewarewa (on walls). Aquanamel Semi Gloss in Vivid White (on door, trim and timber trunk). Design chalkboard paint in Black. ● **Cabot's:** Stain and Varnish Water Based in Coco Black (used on desk). Assorted hardware supplies. **Shopping details:** ● **Bunnings Warehouse:** Clever Cube storage baskets in Dark Brown wash, \$19.95. ● **Country Road:** Neo large vase, \$59.95. Neo small vase, \$49.99. Cline candle holder, \$29.95. Fold large tray in White, \$49.95. Tapas blue coffee mug, \$7.95. Nima bowl, \$9.95. Stack bowl, \$19.95. Wyatt small cube, \$19.95. Dante pen holder in Black, \$24.95. Kloft cushion, \$59.95. Melange basket, \$89.95. Dante desk bin, \$79.95. Clemens cushion, \$59.95. ● **Officeworks:** x8 digit desk calculator, \$14.99. Pack of 3, B5 craft notebooks, \$4.99. A4 Diary, \$19.95. Blue stripe diary 2016, \$19.90. JB Foam Lever arch file A4 in assorted colours, \$8.99 each. Foam clipfolder A4, \$5.99. Storage box in Blue cloth, \$14.99. ● **Cotton On:** MT Striped round cushion, \$59.95. ● **Stylist's own:** All other items.

Designer digs, page 156

Project supplies: ● **Dremel (available at Bunnings):** 3D Idea Builder, \$1399. ● **Dulux:** Duramax High Performance Enamel in Vivid White. ● **IKEA:** PS 2014 storage module in Bamboo and Light Green, \$40. PS 2014 top for PS storage module (cut in half), \$10. **Shopping details:** ● **Kido Store:** Oeuf Play Table in White, \$429. Oeuf Bear play chairs in Birch and White, \$369/set of 2. Armadillo Awning Stripe Rug 1.4 x 2m in Tangelo and Natural \$585. Heico toadstool lamps, small \$140; medium \$160; large \$170. Heico fawn lamp, \$189. Rachel Castle faux leather penny round cushion in Silver \$94. Rachel Castle velvet penny round cushion in Peach, \$84. Rachel Castle velvet penny round cushion in Yellow, \$84. LuckyBoySunday Tip Top Tree in Green, \$75. Donna Wilson Dovey heart cushion, \$75. Down To The Woods wire basket in Yellow, small \$29.95.

Bear thrills, page 158

● **Citta:** Sickle tufted round squab with tassels, \$39.90. Dolce cushion cover, \$59.90. Algiers cushion cover with tassels, \$59.9. Fans woven cushion cover with tassel, \$64.90. Masiri woven cushion cover, \$109. Raschel comfort blanket, \$69.90. Classic Panama hat, \$219. Moroccan open weave shopper with long leather handle, \$39.90. ● **Loft:** Copper desk lamp, \$149.

Safety first, page 164

● **Bosch Australia:** Power tools. ● **Bunnings Warehouse:** 90 x 90mm treated pine, \$13.18/m. 138 x 42mm primed treated pine, \$15/m. 88 x 88mm

primed treated pine, \$28.78/m. 12 x 150mm Ankascrew, \$5.50 each. 300 x 300mm paver, \$3.28 each. Brickie's sand, \$7.95/2kg. Cement, \$6/20kg. Quick-set concrete, \$7/20kg. Gorilla Ladder Levelling Kit, \$166. Ladder's Little Helper, \$46.94. Whitco Window Winder \$41.50. ● **Dulux:** 1 Step Primer Sealer Undercoat, \$42.75/L. Super Enamel Semi Gloss, \$46.45/L.

In your toolbox, page 168

● **Trojan: (available at Bunnings Warehouse)** 6-in-1 Ratchet driver, \$9.98. Folding wallboard saw, \$17.98. Spring clamps 140mm, \$5.98 each. Magnetic stubby level 240mm, \$22. Turbo utility knife, \$13.98. Rubber mallet, \$15.60. Multifunction tool, \$21.98. Staple gun 3-in-1 medium-duty, \$22.50. Hand riveter, \$26.90. Precision screwdriver set, 26-piece, \$9.98.

The best on show, page 172

● **Bunnings Warehouse:** All plant, garden and hardware supplies.

Your renovation recipe, page 176

● **Bunnings Warehouse:** Mondella Vivace sink mixer in Black, \$209. Everdure 60cm 9-function, built-in electric oven, \$598. Everdure 60cm 4-zone vitro ceramic cooktop, \$489. Everdure freestanding 60cm dishwasher in Silver, \$499. Everdure 60cm slideout rangehood, \$139. Masonite underlay for under vinyl planks. Blanco 950mm sink. Dulux Duramax 300g appliance silver (stainless steel finish used on fridge). Pine moulding FJ bullnose 66 x 18 (new skirting). 1200 x 900 x 16mm MDF panel (for backing board on shelves). Davco sanitised grout in White. Pine DAR FJ 138 x 18mm x 2.7m (new reveal). Pine dressed 235 x 19mm x 2.4m (custom shelf). Sella's wet area silicone in White. Sella's wet area silicone in Clear. Sika silicone sealant in Charcoal. Zinsser wallpaper removal tool. Deta 240v downlight fixed 12w. Deta plug base. Plywood BC 1200 x 897 x 12mm (backing on island beside cupboards). Rubber pointed trowel. Architrave switch HPM. Uni Pro paint pot. HPM single power points. HPM double power points. Zone slide-out bin. Zone 150mm pullout. Kimberley 2-arm tea towel rack. Davco premixed tile adhesive. Tile sponge. Kaboodle modern profile cabinetry in Charcola and Spiced Oak (see special orders counter). Kaboodle benchtop in Taranade, custom cut to measure (see special orders counter). ● **Country Road:** Liston mug, \$9.95 each. Liston bowl, \$12.95. Lucy tall pepper grinders, large \$69.95; small \$49.95. Nima dip bowl, \$9.95 each. Stack bowl, \$19.95 each. Nima platter, \$29.95. Morten utensils, \$39.95. Quinn platter, \$29.95. Wells tall basket, \$59.95. ● **Domayne:** Revive 1.5L drink bottle in Pale green, \$17.95. Revive plates in Pale green, \$6.55 each. Stone wash denim placemat, \$5.78. ● **Kmart:** Glass beaker jug with cork (not shown), \$5. Homemaker 1.7L jug in stainless steel, \$7.00. Homemaker 3 pack tea towels, \$5. ● **Salt and Pepper:** Teracotta black jug, \$39.95. Teracotta black fry style dish, \$26.95. Teracotta white 3 dip dishes, set of 3, \$19.95. ● **Target:** Wooden platter, \$35.

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feet and hands
and celebrate
the positives of
growing older.
Then bring colour
to your wardrobe
with gorgeous
fascinators and
funky flats.

Photography Andy Lewis; styling John Mangila; projects Kim Pynsent





2



3



4

1



Hats off to fascinators! Headbands, clips, feathers and hot glue are all you need

My fair lady

1. Hot-glue two black ostrich feathers to the underside of a black-and-white circular feather clip. Using a 30cm square of black-and-white spotted tulle, pleat from one corner to create a fan. Glue pleated section under the feathers and hold in place until glue is dry. Trim off remaining corners to form an oval shape.

Black beauty

4. Add touches of subtle colour to a fascinator hairclip. Hot-glue orange, black and fawn spotted feathers to it. Bulk it up by gluing an extra six iridescent black cocktail feathers here and there around the piece. And for a one-of-a-kind accessory, clip it to your handbag.

Bird of paradise

2. A hot pink headband fascinator base with a large pleated top screams spring racing. Hot-glue a bouquet of pink, orange and blue cocktail feathers to the bottom of the centre pleat. Glue three orange duck feathers for more colour. Fan 10 blue pheasant feathers around centre piece, then glue.

Moody blues

5. A blue headband fascinator base is a lovely start to your accessory. Hot-glue a feathered clip towards the front of the hat piece. To create a bulkier cluster, position six cocktail feathers and 10 blue pheasant feathers around centre and hot-glue in place. Giddy up!

Singapore sling

3. Starting with an ivory headband fascinator base (with pleated fan on top), hot-glue a faux ivory rose in centre. Hot-glue Singapore orchids on each side of rose and at back of fan. Glue six matching cocktail feathers around fascinator.

Stockist

Headband fascinator bases, hairclips, all feathers, faux flowers, hot glue gun, Spotlight



5



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handy foot work

Silky smooth hands and feet feel fabulous, so try these treats for a soft touch

a show of HANDS

1



Give these hard workers some love by returning the moisture robbed by winter wind and chill. And don't forget to apply sunscreen to the backs when outdoors and wear protective gloves for chemicals or hot water.

1. Protect your hands from sun damage while driving with this rose-scented SPF15 cream. HandDrink, \$58/60ml, Jane Iredale.

2

3



2. Work this nourishing lotion into cuticles for strong nails and soft skin. Healthy Hands Nail Strengthening, \$5.15/75ml, Vaseline.

4



3. This invigorating cream is scented with a sensual and relaxing fragrance. Lotus Flower Hand Cream, \$24.95/75ml, Ecoya.

5



4. Revitalise with organic rosehip oil, jojoba and shea butter. Nourishing Hand Crème, \$14.99/120ml, Rosehip by Essano.

5. Used daily, this cream builds a protective defence against moisture loss. Precious Rose Hand Cream, \$75/150ml, Jurlique.

6



6. Hydrate and firm with this antioxidant-rich cream. Correspondence Hand Cream, \$22.95/100ml, Mor.

7



7. Carry this rapidly absorbing cream in your bag for a quick pick-me-up. Replenishing Hand Cream, \$15/40ml, Molton Brown. ▶

For shopping details, see Stockists page

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1



2



3



4



5



6



7



FOOTIES *playing*

For sandal-ready feet you are happy to reveal, you don't need to spend a fortune on pedicures – you simply need a few clever tools and effective products. The transformation can be quick and, with a little ongoing care, revealing your feet will become a pleasure, all year round.

1. Refresh and soften your feet with a peppermint and salicylic acid combo that dissolves dead skin cells. Foot Patrol, \$19.95/75ml, Bliss.

2. Hydrate dry skin with a rich balm that's free from parabens, sulphates and mineral oil. Foot & Heel Balm, \$12.95/75ml, Natio.

3. Pumice granules exfoliate rough skin while essential oils nourish. Therapy Feet Pumice Scrub, \$18.95/130ml, The Aromatherapy Co.

4. Soften dry skin with a vitamin B, C and E-enriched lotion. Foot Cream, \$5.99/100ml, Jergens.

5. Totally rejuvenate your feet with this herbal formula that gently exfoliates, cools and nourishes. Foot Relief, \$44.95/125ml, Aveda.

6. Moisturise and soothe with organic plant extracts and essential oils. Rejuvenating Foot Balm, \$24.95/90ml, Kora Organics.

7. Nourish feet as you sleep with a hydrating mask. Velvet Smooth Night Mask, \$14.99/60ml, Scholl. ►

For shopping details,
see Stockists page



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tool UPDATE

The better your equipment, the more likely you are to use it. Check out this selection to see what new tools may be just what you need.

1. Easily soften and remove torn or overgrown cuticles on fingers and toes. Cuticle Remover Gel, \$14.95/30g, Revitanail.

2. This all-in-one exfoliating treatment will soften, improve and nourish rough cuticles. 18K Gold Cuticle Eraser, \$12.95/6.8ml, Sally Hansen.

3. Shape and smooth nails with a strong and durable angled-edge file. Gold Series Nail File, \$9.95, Revlon.

4. Trim all 20 nails with a double-barrelled (straight and curved) clipper. Gold Series Dual-Ended Nail Clippers, \$9.95, Revlon.

5. Generously apply cream at night and slip on gloves to seal in moisture and maximise the results. Bamboo Moisture Gloves, \$5.95, Eco Tools.

6. Gentler than pumice, this sponge works best on more delicate skin. Pumice Sponge, \$6.59, Manicare.

7. Do your own pedicures with this brilliant at-home tool. PediCare 8-in-1 System, \$49.95, Homedics.

8. All you need for pretty feet – this power tool cleans, buffs and renews. Pedi Foot Transformation System, \$250, Clarisonic.

9. This mini kit has all the essentials for travel in one handy package. Mini Nail Rescue Kit, from \$43.95, Tweezerman.

For shopping details, see Stockists page

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NEW



RULES

for growing older

With the possible exception of supermodel Christie Brinkley, age is catching up with us all. What to do? Celebrate the positives and revel in your age-earned wisdom!

Positive attitude

Here's the deal: we're all getting older. But the good news is that you can choose to be one of those ridiculously joyful people who squeezes every last drop out of life no matter how many candles are on the birthday cake.

That's the difference between people who seem 'old' before their time and those who are still kicking butt and taking no prisoners at the age of 80.

They have a little bit of swagger and a whole lot of attitude. (And perhaps a good set of tweezers for whipping out the odd wiry chin hair!)

Among the many pluses of growing older is the freedom that comes from finally figuring out who you are, feeling comfortable in your own skin and having the confidence to do and say as you please without apology.

Reality check

Sure, we know it's not all rainbows and unicorns. Even with great genes and good luck, certain age-related changes are inevitable and not all of them pretty. Thankfully, they don't happen all at once and they're usually kind enough to send advance warning. (Although, come to think of it, that chicken neck

The body may need a little help but you can stay young at heart

thing did kind of creep up announced. Rude!)

In any case, knowing what to expect gives you plenty of time to prepare and ramp up your defences. Remember, getting older does not have to mean falling apart. There's a solution for almost everything! Such as...

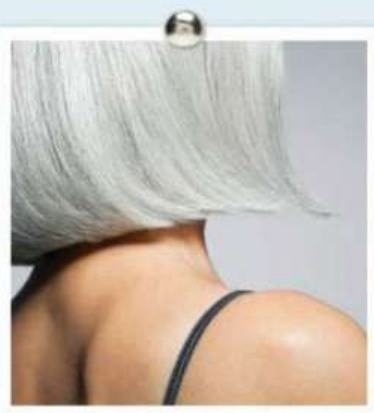
Little leaks

Occasional urinary stress incontinence caused by weakened pelvic muscles is both inconvenient and, uh, embarrassing. It might happen if you cough, sneeze, jump or lift something heavy, especially if your bladder is full.

So remember to practice your pelvic floor exercises, see your GP if things escalate and always have a supply of super-absorbent liners or pads ready for when the need strikes!

UNWANTED HAIR IN WEIRD PLACES

Gee, thanks hormones. Ugh! Wax it, pluck it, trim it, laser it, whatever, just get it gone. You might also consider investing in a magnifying mirror for your bathroom and a compact one for on-the-go situations. You'll also need a few good pairs of tweezers and perhaps a 'lady shaver'.



Going grey

Plenty of gals look seriously ahh-mazing sporting grey locks. A sharp cut and a little sass is all you need to carry the look off. On the other hand, if you'd rather poke out your left eye than show silver, there are whole industries dedicated to helping you out. First, become BFFs with a great colourist. Then, between salon visits, invest in a great root touch-up product, such as Cover Your Gray or 1000 Hour Touch Up Stick.



Saggy body bits

While a cosmetic surgeon can work wonders, a good bra and shapewear are less painful and way cheaper! And not only do they cover your least favourite bits, they eliminate pesky underwear lines, too! You'll find a range of shapewear at department stores and online retailers.

CHICKEN NECK

You can spend your children's inheritance on creams that promise to fix a craggy neck. They will feel luxurious and give temporary respite, but so will a couple of dabs of rosehip oil or coconut oil to the offending areas. True story. Give them a go!

6 ways TO LIVE LIFE LIKE YOU MEAN IT

1 Stay in touch

Connectedness to others is vital for healthy older age, so don't cut off all your friends and relatives at once! Seriously, make it your business to get together often with your peeps to shoot the breeze, catch a movie or drink fine wine. (Cheap wine works, too!)



2 Stay sharp

Keep up with what's going on in the world, read a lot, do sudoku, try a cryptic crossword puzzle and become involved in your community. This all helps your brain stay fit and healthy.



3 Be active

Regular exercise is a true tonic for everything from the blues to achy joints and weary bones. It also keeps your weight in check and your heart healthy.



4 Don't neglect regular health checks

You know the deal with this one: early detection of potential problems can prevent a world of hurt down the line. So don't play ostrich; keep those appointments.



5 Be kind to your body

Think good nourishing food, lots of water, quality sleep, low stress and not too many vices. (Notice we didn't say 'no' vices!)



6 Laugh and play

Never lose your sense of fun. Life is full of crazy, so you may as well settle back, enjoy the ride and do it with a smile on your face!



words to live by

And a chuckle or two to strengthen the funny bone!

'I love getting older. My understanding deepens. I can see what connects. I can weave stories of experience and apply them. I can integrate the lessons. Things simply become more and more fascinating. Beauty reveals itself in thousands of forms.'

Victoria Erickson, writer

'Some people are old at 18 and some are young at 90. Time is a concept that humans created.'

Yoko Ono, artist

'Age does not diminish the extreme disappointment of having a scoop of ice-cream fall from a cone.'

Jim Fiebig, businessman

'I actually have better sex, which is the bottom line, is it not? At 60. Because you learn how to, you know, work the vehicle better.'

Lauren Hutton, model and actress, now aged 71

'My face carries all my memories. Why would I erase them?'

Diane von Furstenberg, fashion designer

'We are only young once. After that, we need some other excuse.'

Unknown

'I was thinking about how people seem to read the Bible a whole lot more as they get older, and then it dawned on me – they're cramming for their final exam.'

George Carlin, comedian

'I wouldn't want to be 20 now. I know so much more, and I'm much more comfortable in my own skin, saggy as it is. When I hear young girls complaining about superficial things, I think, "You're at the peak of your physical beauty right now! Just enjoy it and stop worrying about your thighs being too big." If you're upset with how you look at 25, life's going to be tough.'

Susan Sarandon, actress

'Do not regret growing older. It's a privilege denied to many.'

Unknown

'It's sad to grow old, but nice to ripen.'

Brigitte Bardot, actress

'Some people, no matter how old they get, never lose their beauty. They merely move it from their faces into their hearts.'

Martin Buxbaum, poet

'Grandchildren don't make a man feel old; it's the knowledge that he's married to a grandmother.'

G. Norman Collie, political activist

'Age is just a number, and mine is unlisted.'

Durward Kirby, TV host

'Wisdom doesn't necessarily come with age. Sometimes age just shows up all by itself.'

Tom Wilson, cartoonist

'Maturing is realising how many things don't require your comment.'

Rachel Wolchin, social commentator

'Age seldom arrives smoothly or quickly. It's more often a succession of jerks.'

Jean Rhys, author

'There is always a lot to be thankful for, if you take the time to look. For example, I'm sitting here thinking how nice it is that wrinkles don't hurt.'

Unknown



When it comes to his skin, trust Palmolive to help keep him fresh and feeling good all day.

Help your man lift his game when it comes to his skincare with new Palmolive Men Deep Clean Shower Gel. Engineered specifically for men's skin needs, Deep Clean contains an odour modifying complex that delivers all-day freshness. Infused with spearmint oil and exfoliating fruit seeds to remove dirt and grime, it will leave him feeling fresh and energised throughout the day. Now available as part of the Palmolive Men shower gel range.

Forever fresh

Palmolive
MEN

**ALSO AVAILABLE:
ACTIVE RANGE**

Enriched with sea minerals, the gentle formula gives your active man the daily skincare he needs.



the right to bare arms

Break out the sports luxe and your favourite tunes. It's time to work out!

Wish you had the confidence to go sleeveless this summer? A few easy moves will have you rocking toned, taut arms in no time. So ditch the cardio and stop pretending it's chilly...

Your time starts now

If shapely arms and shoulders are on your wish list for summer, now's the time to get cracking. You don't need a gym membership or fancy equipment either – you can get this party started with an inexpensive set of dumbbells (hand weights) for around \$10 from sports stores, while some exercises require nothing more than your own body weight.

How often?

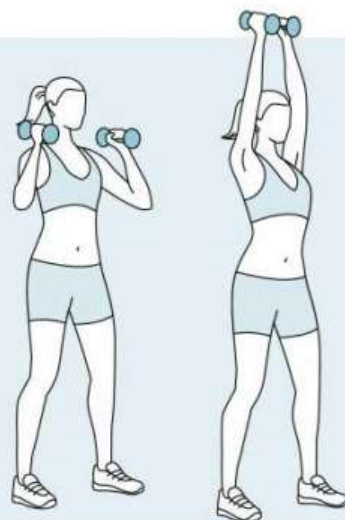
To begin with, aim to do this upper-body workout, targeting your biceps, triceps and shoulders, two to three times a week, with a day's break in between, working up to four times a week. For best results, also work at least 30 minutes of fat-burning cardio activity into each day, too. A brisk walk is a good place to start.

How many?

If you've never done strength training before, begin with a 1–3kg pair of dumbbells. Starting light helps you establish proper technique. Do 12–16 repetitions of each exercise to form one set. Take a minute's break before completing another set. As it gets easier, increase the weight and number of sets, but be sure to keep good form and posture throughout. Now push it!

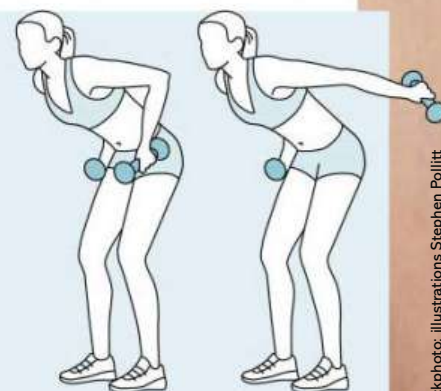
OVERHEAD SHOULDER PRESS

Stand with your feet hip-width apart, knees slightly bent, tummy tight. Hold a dumbbell in each hand. Bend your elbows and raise dumbbells to shoulder height, palms facing in. Using a slow, controlled movement, raise the dumbbells up and in until they meet over your head. Lower back to shoulder level. That's 1 rep. Do all 12–16 reps before moving on to the next exercise.



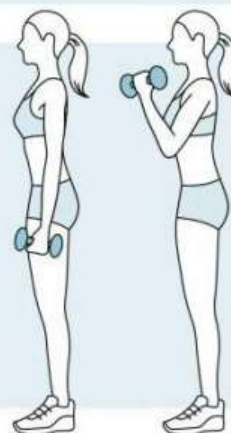
TRICEP KICKBACKS

Still holding your dumbbells, stand with both knees bent, bending slightly forwards from the hips, spine neutral (not rounded). Extend one arm straight out behind you until it's parallel with the ground. Hold for 3 seconds, then return to start position. That's 1 rep. Do all 12–16 reps on one side before swapping to the other.



BICEP CURLS

Stand with your feet hip-width apart, holding dumbbells at your sides with palms facing inwards. Work one arm at a time: keeping your elbow close to your body, slowly raise the dumbbell to shoulder height then lower again. Control it, don't swing it! Do all reps before swapping arms.



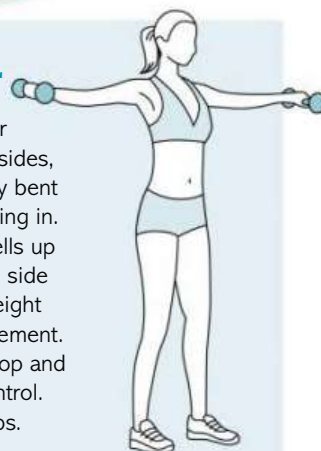


Tip!

The last 2 reps should be hard to do – push yourself to get through these, that's when change occurs.

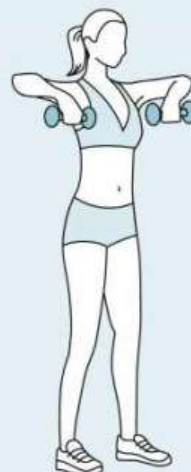
LATERAL RAISES

Start with your arms by your sides, elbows slightly bent and palms facing in. Raise dumbbells up and out to the side to shoulder height in a slow movement. Pause at the top and lower with control. Do 12–16 reps.



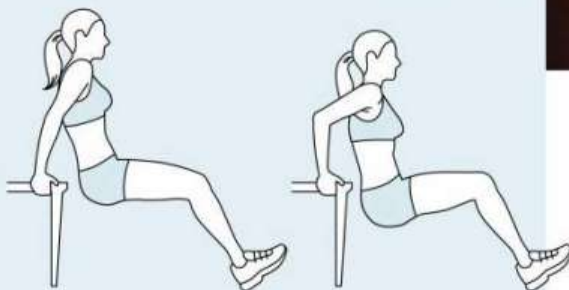
UPRIGHT ROWS

Hold the dumbbells together in front of you, resting near tops of your thighs, palms towards you. Keeping arms close to your body, raise dumbbells to chest level, bringing elbows out to the side. Lower with control. That's 1 rep. Do 12–16.



CHAIR DIPS

Scoot your bottom to the very edge of a stable chair, with feet together, tummy in, hands gripping the sides. Slowly lower (dip) your body towards the floor with most of your weight on your arms. Hold for a count of 2, then push through the heels of your hands back to start position. That's 1 rep.



PUNCH IT OUT

Stand with your left foot in front of the other (if right-handed), feet hip-width apart, knees slightly bent. Raise your lightly clenched fists to your chin. Keeping elbows up, punch left-right-left-right for a total of 40.



colour your stride

Now you'll have no excuse not to get your walking shoes on with this stylish selection!



1. **Seattle**, \$129.95, Diana Ferrari. 2. **Filipa**, \$79.95, Country Road. 3. **Smokinn**, \$99.99, Wittner. 4. **Equalizer Perfect Pair**, \$109.95, Skechers from Platypus Shoes. 5. **Flash Knit**, \$39, Target. 6. **Energy Boost**, \$179.99, Adidas from Rebel Sport. 7. **Chuck Taylor All Star Lower East Side**, \$120, Converse. 8. **Kenya**, \$99.95, Vans Authentic from Platypus Shoes. 9. **Amber**, \$59.95, Seed Heritage. 10. **Zoom Winflo**, \$139.99, Nike from Rebel Sport. 11. **Verona**, \$219.95, Ziera. 12. **Pasqual 5**, \$129.95, Ziera. 13. **Sands Slip On**, \$99.95, Diana Ferrari. 14. **Skyscape Runaround**, \$99.95, Reebok.

For shopping details,
see Stockists page

What's wellness to me?

"As a kid, I loved a glass of Milo because I was always on the go with sport or playing with friends – it gave me the energy I needed. These days I know more about nutrition and understand when I drink Milo, it's made with the goodness of Aussie-grown barley for nourishing energy and of course, vitamins and minerals."

– Hugh Sheridan, Actor

Choose Nourishing Energy, Choose Milo®



NESTLECHOOSEWELLNESS.COM.AU



CHOOSE WELLNESS
Good Food, Good Life



Hard to Resist?

Why does high calorie food have to taste so damned good?

And whilst some people seem to be able to eat whatever they want, for most of us over-indulgence leads to bumps and bulges exactly where we don't want them! And once the weight is on, it can be pretty hard to shift it.

Blooms Svelte GCB45 is high in chlorogenic acids that may help reduce sugar cravings. It is no miracle pill, however when used in conjunction with an energy controlled diet and exercise plan, Svelte can help you lose weight.

Manufactured in Australia by a 100% Aussie owned company, Svelte contains de-cafeinated green coffee beans that not only help reduce sugar cravings, but can encourage your body to break down fat for energy.

Vege caps
for men
& women



Available in 30s or 90s.
Scan QR code for more information.

AVAILABLE NOW at leading pharmacies and health food stores.

Always read the label, use only as directed. Use in conjunction with an energy controlled eating and exercise plan.

www.bloomshealth.com.au

1800 181 323

Make Every Day *Better*

blooms
HEALTH PRODUCTS

better health

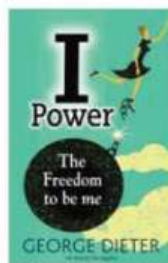
It's all about mind-body balance

THINGS
WE LOVE



PERSONAL POWER

Psychologist George Dieter proposes in his new book, *I Power: The Freedom To Be Me* (Exisle Publishing, \$24.99), that the key to happiness is taking responsibility for your actions and accepting that you are ultimately not responsible for how others respond to what you do or say. He explains how to set boundaries, enhance your feelings of fulfilment and lessen interpersonal conflict. Exislepublishing.com.au



Inside out beauty

The skin is the body's largest elimination organ, getting rid of toxins and all sorts of nasties. But it's also one of the last places to receive nutrients so the first to suffer. If your complexion appears congested, chances are your liver is, too. An alkalising blend will help detox and purify your body on the inside, promoting smoother, clearer skin on the outside. Try The Beauty Chef's Cleanse Inner Beauty Powder, \$59.95/150g, made with 45 certified organic and bio-fermented ingredients. Thebeautychef.com

Blue for you

Blueberries justly deserve the title of 'superfood' – they're loaded with anthocyanidins, a powerful antioxidant that researchers believe can improve heart health and slow the ageing of the brain. These pocket rockets have also been shown to help fight high blood pressure and reduce bad cholesterol. One cup has only 335kj, so eat up (fresh or frozen) all year round.

Super smooth

Supercharging your body with antioxidants boosts the immune system and helps produce glowing skin, so include plenty of superfoods – think spirulina, wheatgrass chia seeds, acai and goji berries – into your diet. If this all sounds too hard and overwhelming (and let's be honest, it's hard to fit all that goodness into one meal), substitute with a wholefood smoothie. We love Bioglan SuperFoods WholeFood Smoothie, \$27.95/10 x 20g. For more details, head to health365.com.au.

Drink up

Fruit juices are a healthy way to satisfy afternoon sugar cravings, right? Wrong! They often contain even more sugar than a chocolate bar. Instead, try a low-sugar drink like Ocean Spray Low Sugar Cranberry juice, \$5.69/1.5L. It's made with stevia – a natural sweetener – and comes in yummy flavours, including Cran-Mango. Available in supermarkets.

Dry comfort

Avoid an awkward shuffle to the bathroom due to bladder weakness with the Attends range of pads and liners, and enjoy discreet all-day comfort and dryness. Contact enquiries@ attends.com.au



What's wellness to me?

"I'm no chef, but making sure my meals are fresh, tasty and healthy is important to me. Using fresh ideas from Maggi, I just add lean meat and vegies to create a quick and delicious homemade meal."

– Hugh Sheridan, Actor

**Choose Fresh Meal Ideas,
Choose Maggi®**



SEE MORE of what you love!

Serve up an extra helping of your favourite mag!
It's just a tap away – here's how:



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Mortein

MORTEIN ADVERTISING FEATURE

Beat the ***BUGS***

Warm days and summer fun are so close you can feel it in the air, so protect your family and your home from pests with **Mortein**, the brand Aussie families trust

Inside *story*

Protect your family and your home from unwanted guests of the insect kind. Whatever the pest, there's a solution at hand



MORTEIN KILL & PROTECT EASY REACH SPRAY GETS INTO THEIR HIDING PLACES

Our home is our haven, and a place we should enjoy spending time with family and friends. But that feeling of comfort and tranquillity can quickly disappear at the sight of a cockroach making itself at home, or a parade of ants helping themselves to your sugar bowl. And the most alarming part? When you see one, you know its friends and extended family are somewhere very nearby. Fortunately, getting rid of these unwelcome house guests (and keeping them away) is much easier than you might think.

MORTEIN KILL & PROTECT COCKROACH BAITS

Instantly effective and discreet, Mortein Kill & Protect Cockroach Baits attract cockroaches with a malt and honey aroma and once eaten, they quickly finish off your unwelcome visitors and their mates for up to three months. Place them where cockroaches hide under appliances, sinks and around garbage bins.



FOR MORE INFORMATION VISIT MORTEIN.COM.AU

CHECK FOR
CRACKS
ANTS ENTER
THROUGH
CRACKS IN
WALLS AND
SILLS



GO UNDER-
COVER
IS YOUR SOFA A
HIDING PLACE
FOR PESKY
PESTS?

WHEN YOU'RE AWAY...

When you and your family head off on holidays, give yourself peace of mind knowing there won't be a bug party going on at your place while you're away. Remove any food sources like pet bowls, and take out the garbage before you go. As you leave, set a Mortein Kill & Protect Crawling Insect Control Bomb, shut the door and rest assured your home is protected against bugs.

MORTEIN KILL & PROTECT EASY REACH SURFACE SPRAY

The pest control experts at Mortein have developed an easy-reach surface spray with an adjustable nozzle, so you can get into those nooks and crannies where bugs hide. The spray reaches sneaky spots like under the refrigerator, at the back of cupboards and behind furniture to kill on contact, and protect for up to six months.



MORTEIN KILL & PROTECT CRAWLING INSECT CONTROL BOMB

This easy indoor control bomb finishes off the critters you can see, and the ones you can't while also breaking the breeding cycle. Simply set the bomb and leave the room while it fights multiple insect invasions from cockroaches, spiders, ants, fleas and more.



Mortein



RENOVATING?

When you renovate and open up wall cavities, lift floorboards and dismantle cabinetry you might find more than you bargained for! Cockroaches can make their nests in wall cavities and under floors, so to deal with the ones you have and prevent others from setting up home, use a combination of surface spray to kill the ones you see and baits to kill the nest and break the breeding cycle for up to three months.



LOUIE'S TIP

Roaches and ants feast on your rubbish and food scraps, so take your garbage out every day, cover leftovers and keep your floors free of crumbs. If there's nothing lying around to eat, they'll look elsewhere!

Take it *outside*

There are so many things to enjoy about summer, but bugs aren't one of them. Plan ahead and tell those pests to bug off!

Those warm days and nights of summer are just around the corner. But as the weather heats up and tempts us outdoors, remember the insect action is warming up too. And where there's one, you can be sure there are plenty more lurking nearby. So before you venture forth into the great outdoors, get those bugs under control and keep them that way with a little help from the pest control experts at Mortein. Then you can enjoy the longer days and nights, bug-free.



SPRAY AROUND
DOORS AND
WINDOW
FRAMES TO
STOP BUGS FROM
GETTING INTO
YOUR HOME

SPRAY UNDER
DECKS TO
KEEP ANY
BUGS LURKING
BENEATH
AT BAY

MORTEIN KILL & PROTECT BARRIER OUTDOOR CRAWLING INSECT SURFACE SPRAY

For protection from ants, spiders, roaches, flies and mosquitoes, this specially formulated outdoor surface spray forms a barrier that kills creepy-crawlies on contact, before they can make a nuisance of themselves. The water-based, non-stain formula lasts for up to six months.



*Where there's one, you can be sure
there are plenty more lurking nearby.
So before you venture forth into the
great outdoors, get those bugs under
control and keep them that way*



Mortein

Ready for *fun*

With a little patio preparation,
you can keep your outdoor
entertaining areas pest free
and party friendly



It's time to dust off the outdoor furniture, shake out the beach umbrella and get the barbecue ready for those gorgeous warm afternoons that drift into evenings of backyard cricket and laughter. All you need is a bit of pest-control preparation to make sure your party isn't crashed by those uninvited, unwelcome visitors of the flying, crawling and biting kind.



MORTEIN KILL & PROTECT SPIDER SURFACE SPRAY

Take charge and get proactive about spiders before they decide to make themselves at home in your home. Mortein Kill & Protect Spider Surface Spray is designed to kill spiders outside, even the big guys, to keep your surfaces spider-free and your corners without cobwebs for up to six months.



FOR MORE INFORMATION VISIT MORTEIN.COM.AU



LOUIE'S TIP

Moving? Before you unpack your new home, make sure you clear out any bugs that moved in before you! Thoroughly spray cabinets and wardrobes and lay Mortein Kill & Protect baits before you move the fridge in.



MORTEIN KILL & PROTECT DO-IT-YOURSELF PROFESSIONAL SURFACE SPRAY

Why wait for the pesky critters to come to you? Take charge and show those bugs who's boss with the Mortein DIY Professional Surface Spray. Using the same liquid spray technology that professional pest control operators use, the spray flushes spiders and cockroaches out of their hiding places. Ants, spiders and

cockroaches are killed on contact and the spray continues to protect surfaces for up to three months outdoors and six months indoors. Great for seasonal spraying around door and window frames, crevices, bins, eaves, letterboxes, outdoor furniture and decks, and around sheds, cubbies and fences.



Mortein



Down *low*

Where there's a will, those sneaky bugs will find a way to move in. Don't get mad, get even and keep your floors flea and bug-free

Pets are a much-loved part of the family, but if your best friend is bringing home unwanted company like fleas, you need to take action. Fleas can catch a ride inside on both dogs and cats, and can then take up residence in your rugs, carpets and furniture. Before you know it, they've made themselves at home and started breeding. Fortunately, Mortein has a family-friendly solution to help keep those itty bitty pests away.

MORTEIN KILL & PROTECT FLEA BOMB

If you notice pets scratching more than usual or family members are finding itchy red bites on their ankles, it may be time to use a Mortein Flea Bomb in your living areas. Simply place the bomb in the middle of the room, set it and leave the room while it works. It's a simple, fast and long-lasting solution to kill fleas and their eggs, break the breeding cycle and prevent re-infestation for up to three months.



LOUIE'S TIP

Keep up your dog or cat's flea treatments, either as spot-on treatments or flea collars, so they don't become a host to the little bloodsuckers!

Know your *best friend*

Caring about your dog means caring where they're from. Get the facts and help put an end to puppy factories.



Many dog lovers would be shocked to discover where their best friend actually came from. The sad fact is, many dogs bought online or in pet shops come from inhumane puppy factories. A lack of regulation and oversight has allowed these

factories to flourish in Australia, with the public unaware of the abuse going on behind closed doors. By adopting your next four-legged friend from a reputable shelter you can ensure you aren't unwittingly supporting a cruel puppy factory, and you'll also save a life.



FRANNY AND HER NEW HOME

Franny was a breeding dog in a puppy factory for over two and a half years until an investigation by animal protection group, Animals Australia, exposed the factory and its horrifying practices. Franny was adopted by the Hunter family and given a new chance at life. She loves walks and cuddles and adores her new family – and they adore her too! Franny is finally getting the love and care that all dogs deserve.

TO FIND OUT MORE, VISIT KNOWYOURBESTFRIEND.COM

THE HARSH REALITY OF PUPPY FACTORIES

1

BREEDING MACHINES

The dogs are treated like 'breeding machines' and denied quality of life, all in the name of profit

2

TRAGIC CONDITIONS

Investigations by Animals Australia have shown dogs kept in 'upright tombs', in total darkness and confined in small filthy cages with no exercise, bedding or clean water

3

ONLINE SALES

Puppy factories regularly advertise on online trading sites like Gumtree and the Trading Post

4

GROWING PROBLEM

The lack of appropriate regulation and oversight of the industry has allowed unscrupulous breeders to hide and thrive

**Animals
Australia**
the voice for animals

betterpets



Helping hounds

Wild populations of eastern barred bandicoots have long been under threat, but a new program by Werribee Open Range Zoo, just south-west of Melbourne, aims to build their numbers with the help of our four-legged friends.

Based on a trial program in which Maremma sheepdogs were charged with overseeing a colony of penguins, a team of Maremmas is being trained to act as 'bodyguards' for the zoo's five-year bandicoot preservation project. Led by four-month-old Albus, the dogs will ward off natural predators such as feral cats and foxes from a captive population of around 400 bandicoots spread



across four breeding sites. Previous attempts to breed bandicoots in fenced areas have had limited success, so a genuine, unbounded slice of their natural environment is their best shot and, with a pair of Maremmas able to protect 800 hectares, their safe havens are under vigilant guard.

Maremmas are calm and independent and like to be given responsibility. Properly bonded to livestock, they'll keep them in check without wandering, and will confront predators at night. They're used to protect sheep, goats and poultry and all eyes are on their role in bringing up our precious bandicoot numbers.

Saviours of the sea

Where the Great Dividing Range meets the Pacific Ocean – in Coffs Harbour, NSW – a team of dedicated rescuers is making sure the wonders of the water are kept safe. In seas teeming with dolphins, marine turtles, seals and even humpback whales, it's unfortunate that many of their biggest threats come from humans. Discarded fishing lines and nets, plastic bags and organic pollutants do these creatures no favours. Local dolphin park Dolphin Marine Magic, together with National Parks and Wildlife, has come to the fore and, in the past two years, has rescued, rehabilitated or released more than 200 marine animals. Upon the completion of a specialised marine and wildlife hospital, currently in the works, the team is aiming to expand its rescue and treatment services.



productive pets



Good for a cuddle and a money-saver!

The right furry friend can offer your household more than a warm cuddle and slobbery kisses – they can even help out with putting a meal on the table and boosting your winter wardrobe!

We're talking, of course, about 'pets that produce' and the perfect example is chickens. Who doesn't love the idea of fresh eggs every day for free? Rhode Island Reds are prolific layers, with a single chicken producing more than 250 light brown eggs a year. If you're after more variety on the colour spectrum, consider a Light Sussex hen – hardy and good for beginners, they come in lots of different colours, including speckled and silver. Showing off your fowl? The Pekin Bantam is a very refined exhibition bird, but pales in comparison to the splendour of the pompom-esque Silkie, a fussy customer that demands a lot of extra care.

For a fresher-than-fresh supply of dairy, why not consider a goat? The milk is easier and quicker to digest than cow's, and a Swiss-breed Saanen goat supplies an average of five litres of milk a day. They're a herd animal, so you'll need at least two to keep each other company. Just be sure to check with your local council.

And if it's free fleece you're after, look no further than an alpaca. The Huacaya is as easy-care as it gets, with shearing only required once or twice a year. Their soft coat will have you all wrapped up!

For more information on goats and alpacas, visit wahgungurryalpaca.bigpondhosting.com and glenugie.webs.com

ROYAL CANIN

The Sensitive Staffie

Watch out for these signs of skin problems in your Staffie. Please consult your veterinarian for more information.

EARS

Look out for head shaking or pawing at ears.

SKIN REACTIONS

Watch out for increased itching, obsessive grooming and skin redness.

PAWS

Keep an eye out for licking or chewing of the paws and redness between the toes.



DERMACOMFORT: NUTRITION FOR DOGS PRONE TO SKIN ISSUES

MINI

For dogs up to 10kg.



MEDIUM

For dogs between 11kg & 25kg.
Recommended for Staffies.



MAXI

For dogs between 26kg & 44kg.

For more information, please visit www.royalcanin.com.au

better travel

More Australians are taking to cruising than ever. It's hassle-free and you unpack once! Here are a few top picks

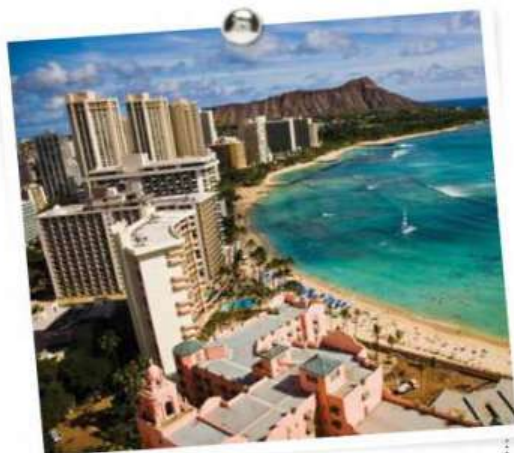
Healthy choice

Celebrity Solstice is the new look in cruise ships. Think white elegance and minimalism, a modern touch that design-lovers are appreciating, as are the high numbers of return cruisers. There's even a generous patch of real lawn on the top deck to picnic on with cheese and wine. Best of all, you can be extra-healthy at sea. Those in the AquaClass suites have a room-service menu with organic salads and more. Delicious! Check out celebritycruises.com.au



P&O's Pacific gems

While the Pacific Dawn, Pacific Pearl and Pacific Jewel have been based in Australia for a while, come November two more will join the fleet sailing in our waters. The 1500-passenger Pacific Aria will be based in Brisbane and Pacific Eden will be in Cairns, giving us even more options. You can sample the fare at Luke Mangan's Salt grill on all P&O Cruises, and enjoy its new Gatsby evening, taking guests back to the 1920s. Visit pocruises.com.au



VOYAGER OF THE SEAS

If an ice rink, a rockclimbing wall and a vast promenade full of designer shopping isn't enough, Voyager of the Seas also adds the FlowRider surf simulator and a 3D cinema to the entertainment options. This ship has everything you can imagine – a destination in itself. Plus they've recently put finishing touches on interior staterooms with virtual balconies and opened three new restaurants. Let the fun begin! Visit royalcaribbean.com.au

Aloha, Hawaii

Ever wanted to see Hawaii but been put off by all the flying it takes to get to each island? The answer is easy: just hop on board Pride of America, which sails year-round and visits Oahu, Maui, the Big Island and Kauai. The beauty of this cruise is you visit shores every day, which means spending as little or as much time on the ship, or off – diving, shopping, feasting, exploring and swimming on the beautiful islands. It's the best way to discover the 50th state of the USA. Find out more at ncl.com/cruise-ship/pride-of-america

Diamond Princess splashes out



Not only does the Princess Cruises spectacular megaliner, the 116,000-tonne Diamond Princess, have a large array of pools as well as The Sanctuary (a haven just for adults) it also has the world's largest open-air Japanese bath. Add to that the choice of eateries including four 'anytime dining' restaurants, meaning you won't be limited to eating at a fixed time or place on the ship. Plus there's the new Travelling Film Festival at Sea set to begin this season. Visit princess.com

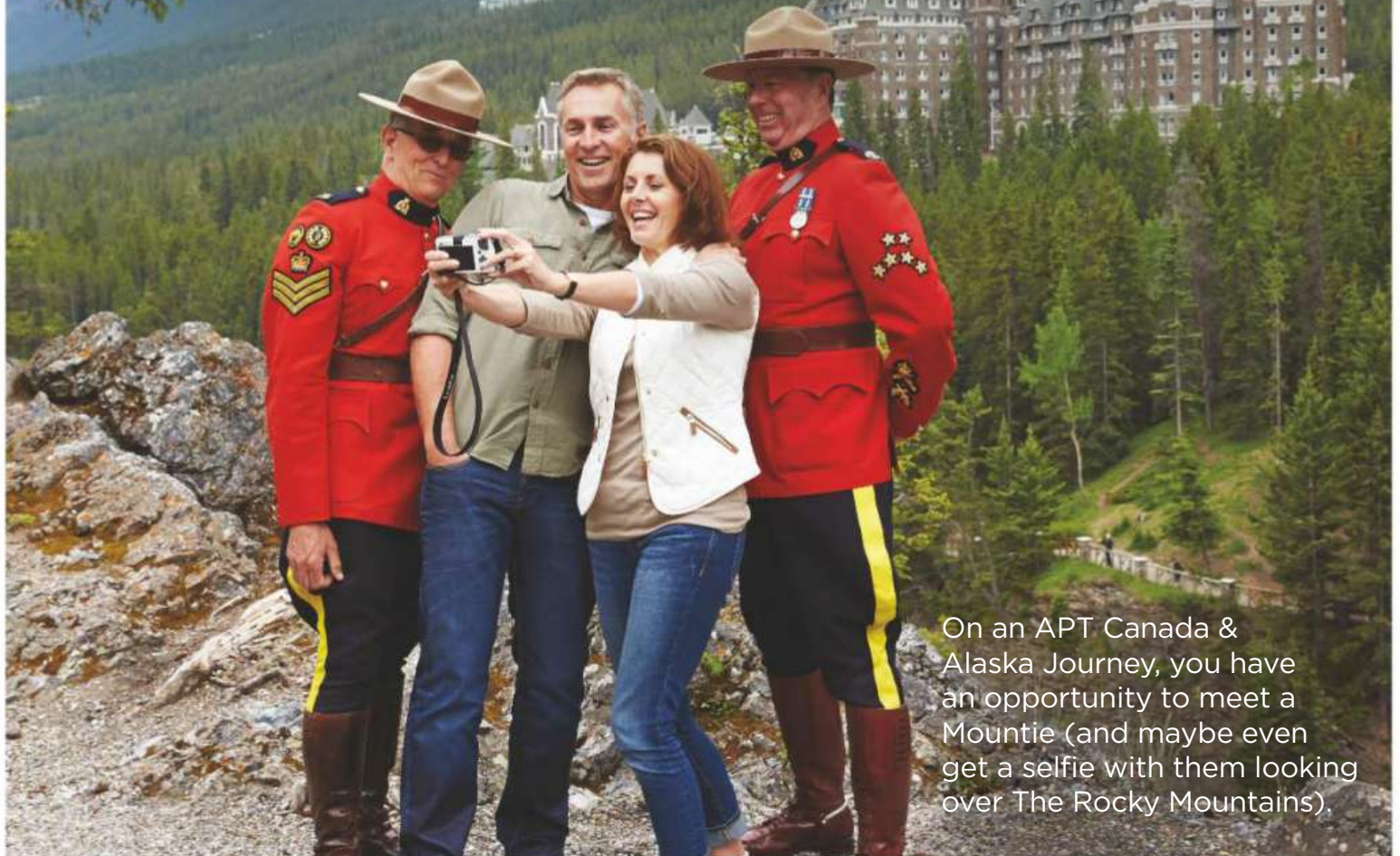


UNFORGETTABLE

Selfies with Mounties are the best

It's official! APT has been named the Best River Cruise Operator and once again, Best Tour Operator. And there are so many reasons why; from the places we go, to our dedicated team and of course our valued guests, people like you. To celebrate them all, we're offering the best deals across all the best destinations.

APT's Best Celebration Savings are on for a limited time. Don't miss out.



On an APT Canada & Alaska Journey, you have an opportunity to meet a Mountie (and maybe even get a selfie with them looking over The Rocky Mountains).

APT3010_BHG

Visit aptouring.com.au/bhg or call **1300 203 078** or see your local travel agent



McHappy
Day®
Sat
17th OCT

SHARE A MEAL THIS McHAPPY DAY

& HELP
SERIOUSLY ILL
CHILDREN
SPEND TIME
WITH THEIR
FAMILIES.



Saturday 17th October is
McHappy Day where
\$2 from every Big Mac® and
all donations made go to
RMHC®, helping families
stay together whilst their
seriously ill child receives
treatment. So please, come
into McDonald's® this
McHappy Day and support
RMHC by purchasing
a Big Mac or making a
donation, because
family truly is the
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Sunny yellow
(100% Australian wool)

17 Cleckheaton Country
8 ply 50g balls

WOOL KIT \$60
CODE: CY7031.3



Sunny yellow
(100% premium acrylic)

8 Panda Baby
8 ply 100g balls

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A splash of orange
(100% Australian wool)

17 Cleckheaton Country
8 ply 50g balls

WOOL KIT \$60
CODE: CY7031.1



A splash of orange
(100% premium acrylic)

8 Panda Baby
8 ply 100g balls

ACRYLIC KIT \$40
CODE: PY7031.1



Pretty in pink
(100% Australian wool)

17 Cleckheaton Country
8 ply 50g balls

WOOL KIT \$60
CODE: CY7031.2



Pretty in pink
(100% premium acrylic)

8 Panda Baby
8 ply 100g balls

ACRYLIC KIT \$40
CODE: PY7031.2

Included in your knitting kit

- 17 balls of wool yarn
8 ply 50g or 8 balls of
acrylic yarn 8 ply 100g



Plus

- 4mm knitting needles
- 'MADE WITH ♥' woven label
- Wool needles for sewing up
- Instructional leaflet



(Woven label shown
at 50% of actual size)

Finished throw measures
approximately 70 x 75cm.

Offer closes 15 November, 2015. Button for vest and polyfill for toy not included. Please allow 14 business days for delivery. While every endeavour will be made to deliver kit within the specified time frame, if your parcel does not arrive on time, phone 1300 745 898.



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revamp

Everything you need to know to make

steps



STEP 4



STEP 5



STEP 6



STEP 7



STEP 9

NO SEW TENT

Gather your supplies

Tape measure; canvas drop cloth (9 x 12 feet), adjustable leather punch, 30 x 7mm eyelets, eyelet pliers, sewing machine and thread or hemming tape and iron, cotton or nylon cord to fit through eyelet, six 19mm x 2.4m timber dowels, acrylic paint (optional)

Note See 'How to make eyelets' on page 217

Here's how

STEP 1 Use tape measure to find centre of long edge. Tape cord end to position.



TOTES READY

Gather your supplies

Canvas drop cloth, sewing machine and thread, faux leather handles, leather remnant, cotton cord

Here's how

STEP 1 From drop cloth cut one rectangle 52 x 96cm. From leather remnant cut one rectangle 6.5 x 9cm and one strip 6 x 4cm.

STEP 2 With right sides facing, fold bag in half, inserting leather strip on

SWINGING SIESTA

Gather your supplies

Passageway drop cloth (1.2m x 6m), adjustable leather punch, 28 x 7mm eyelets, eyelet pliers, sewing machine and thread, cotton or nylon cord to fit through eyelet

Note See 'How to make eyelets' on page 217

Here's how

STEP 1 Cut drop cloth to 230cm. Stitch a 5cm double hem across each short end. Topstitch 5mm in from each short edge.

STEP 2 With a pencil and ruler, measure and mark 14 eyelet positions along each short edge, centring them between stitching rows. Use tool to make holes for eyelets. Position eyelet in hole, squeeze pliers to secure eyelet in place. Continue setting eyelets. Repeat for other end of hammock.

STEP 3 Cut 6 lengths of cord to 140cm. Cut one length of cord to 240cm. Clamp the 7 cords together (line up the ends)

at 55cm from one end. Using longer cord, wrap and knot the 6 shorter cords, 10cm either side of short cord centre point.

STEP 4 To begin, pass cord from left to right across bundle, then take it across to the left, behind bundle and out through opening.

STEP 5 Take cord across to the left, behind bundle and out through opening.

STEP 6 Repeat Step 5 until covered strands can be shaped into a loop.

STEP 7 Form a loop. Use each end of the longer cord to make the first half of a square knot. Left cord passes over bundle. Right cord passes under bundle.

STEP 8 Use each end of the longer cord to make the second half of a square knot. Right cord passes over bundle. Left cord passes under bundle.

STEP 9 Make 4 square knots in total to secure. Tie each of the 14 cords to an eyelet opening. Trim ends. Repeat for other side of hammock.

& relax

the look for less! *continued from page 30*

Using cord and pencil like a large compass, mark a large semicircle from one side of long edge to the other side of long edge. Measure and mark a small semicircle (15cm radius) at centre of long edge. Cut along both curves. Clip hem allowances as needed to press and hem each curve, (with machine or fusible tape), turning under 2.5cm.

STEP 2 Measure and mark 6 sets of 2 eyelets around large curve. Each set of 2 should be 3cm from edge of fabric and

5cm apart. Sets will be threaded with cord and used to tie poles in place.

STEP 3 Along each straight edge, measure and mark 9 eyelets, beginning at the edge of small curve and ending approx. 70cm from small curve.

STEP 4 Optionally, paint the ends of dowels with acrylic paint and leave to dry. Lash the 6 dowels together with cord. Lace doorway eyelets together with cord. Thread 6 lengths of cord as pole ties through bottom eyelets and tie to poles.



For project supplies, see Stockists page

How to make eyelets

steps



STEP 1



STEP 2



STEP 3



STEP 4

a side seam 12cm from top of bag (tab now on inside of bag). With 1cm seams, stitch along base seam and each side seam. Zigzag raw edges to seam finish.

STEP 3 Using Boxed Bag diagram as a guide, flatten base, lining up the side seam with the base seam. Rule across the seam. Pin and stitch across, 5.5cm from corner. Trim

off excess fabric. Repeat for other side.

STEP 4 Hem top of bag with a 4cm double hem.

STEP 5 Position leather rectangle on bag front, centred, 4cm from top.

STEP 6 Stitch each bag handle in place.

STEP 7 Wrap a leather tassel (see Hassle-free tassels page 221) around each end cord and tie around a bag handle.



FURBABY CUSHION

Gather your supplies

Canvas drop cloth, sewing machine and thread, leather remnant, hobby fill

Here's how

STEP 1 From drop cloth, cut 2 pieces 52 x 72cm, 2 long strips 72 x 14cm and 2 short strips 52 x 14cm. Cut leather into 2 strips 20 x 4cm.

STEP 2 Topstitch around each leather piece, 2mm in from edge.

Centre each leather strip on a short fabric strip. Stitch a rectangle with an X, at each leather end to attach.

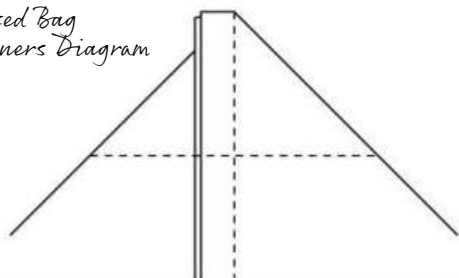
STEP 3 With right sides facing, join short ends of the 4 strips together with 1cm seams, in order: short, long, short, long. Join gusset ends to make a loop.

STEP 4 With right sides together, pin gusset to cushion top. Easing fabric around corners, use a 1cm seam to stitch gusset to top panel. Repeat to stitch gusset to cushion back, leaving a 45cm opening on one side for turning through.

STEP 5 Clip corners and turn through. Fill with hobby fill and slip stitch opening closed.

Note For toy, from drop cloth scraps, cut six 1m x 5cm strips. Clamp together. Divide strips evenly into 3 sets and plait. Knot each end, pulling firmly to tighten knot as fabric stretches.

Boxed Bag
Corners Diagram





DIY Project

SELLEYS 3 IN 1: CREATE A STYLISH COAT RACK

Create a decorative, multipurpose coat rack for your home with timber and branches, and a little help from Selleys...

Here's how:

STEP 1 Collect random hardwood branches, 25-40cm in diameter. Get cypress pine boards for the frame as follows: top/bottom (2) 90x18x1200mm; sides (2) 90x18mm; and cleat 42x18x1164mm. You'll also need Selleys 3 in 1, primer, sealer and undercoat, white gloss enamel or varnish, sandpaper and a pack of 2mm nails.

STEP 2 All timber should be cut to length and edges squared off. Predrill and counter sink screw holes. Using Selleys 3 in 1, glue the frame together. Screw ends, check the frame is square then screw cleat under the top of the frame. Prime,

seal and paint your frame before you fix the branches in place.

STEP 3 Select branches with offshoots that stick out for hooks, trim bottom end of each main stem so you have a flat surface. Cut main stems to length, trying to keep cuts as parallel to the bottom cuts as possible. Cut offshoots to suitable lengths then sand ends.

STEP 4 Stand each branch in place and repeat this till you're happy with the effect. Apply Selleys 3 in 1 to top and bottom of each branch and place inside the frame. Use nails at the top and bottom of each branch if required for the bigger branches.



outdoorliving



PILLOW TALK

Gather your supplies

Canvas drop cloth, sewing machine and thread, leather remnants

Here's how

STEP 1 Cut two 44cm squares from drop cloth. Cut two 7cm squares from leather. Working on wrong side, rule diagonally from corner to corner, once on each leather square. Topstitch 2 lines, 4mm either side of the diagonals, then cut each piece along diagonal line.

STEP 2 With right sides of fabric facing, pin and stitch a 1cm seam around 4 sides, leaving a 25cm opening on one side for turning through. Clip the corners. Turn through and press.

STEP 3 Topstitch around cushion, 1cm in from edge except for opening.

STEP 4 Pin a leather triangle to a corner and topstitch to cushion, 4mm from leather edge, stitching along 2

remaining unstitched sides only. Repeat for 3 other cushion corners.

STEP 5 Fill with cushion insert. Push insert out of the way, topstitch the opening closed 1cm in from edge.

ONE DOLLAR NAPKINS

Makes 4 napkins

Gather your supplies

Canvas drop cloth, sewing machine and thread

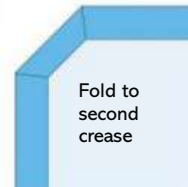
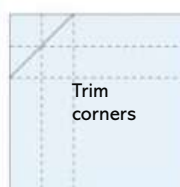
Here's how

STEP 1 From drop sheet, cut 4 pieces 55 x 55cm.

STEP 2 Referring to 'How to make perfect corners' (below), press in sides on 1 square, 1.5cm all around. Fold over another 1.5cm and press again. Unfold and trim off each corner. Fold in 1 corner and adjacent sides. Fold in sides again. Press and pin corner. Repeat for other corners. Topstitch (see tips page 221) around all sides, 1cm from edge. Repeat to make 4 napkins.

How to make perfect corners

1. Use an iron to press sides in.
2. Fold over pressed hems and press again.
3. Unfold, and trim corner off fabric.
4. Fold corner in towards centre, at innermost crease.
5. Fold in sides to second crease. Fold in again.
6. Press into shape, pin in position and topstitch around.



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How to topstitch like a pro

1. Working on the right side, iron edge seams.
2. Lengthen stitch on your machine to 3.5 or longer and use thread to match your fabric.
3. Line up fabric edge to stitching guide on machine or use a strip of tape.
4. Stitch slowly and carefully.



HASSLE-FREE TASSELS

Gather your supplies

Leather remnants; ruler; marker; strong tacky glue (we used Weldbond); sticky tape; sewing machine and thread (optional)

Here's how

STEP 1 Using a damp pressing cloth, iron the leather to remove folds and wrinkles. Use marker and ruler to draw a 7 x 12cm rectangle. Cut out.

STEP 2 Rule a line, 2cm from long edge. If decorating with stitching, topstitch 2mm in from long edge and cutting line.

STEP 3 Use scissors to cut fringing up to the line.

STEP 4 Cut a length of cord or a thin strip of leather for hanging loop. If making loop, glue ends of the thin leather strip together. Apply glue to uncut area of leather. Wrap leather around cord or hanging loop and roll into a taut roll.

STEP 5 Hold end of leather in place for several minutes until glue grips or use sticky tape to temporarily hold in place. ►

For project supplies,
see Stockists page



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FREE AND EASY!

Gather your supplies

Old t-shirts or t-shirt fabric, scissors or rotary cutter, ruler, sewing mat, needle, sewing thread

Here's how

STEP 1 Cut fabrics into 5cm strips, making 3 piles.

STEP 2 To join strips from first pile together, cut a small hole in each strip end.

STEP 3 Pull the cut end of strip A through the hole in strip B, about 5cm.

STEP 4 Pull the uncut end of strip A through the cut end of strip A, pull it all the way.

STEP 5 Pull the ends of strip A and strip B away from each other to complete join.

STEP 6 Continue joining strips and wind into a tidy ball. Repeat Steps 2–6 to make 2 more balls. These will be your starting balls. More strips can be cut and joined as your rug grows.

STEP 7 Knot the ends of the 3 balls together and begin plaiting. You may choose to plait your entire rug before sewing together or plait and sew in stages as you see the colours growing in rounds.

STEP 8 With needle and thread, working on what will be the wrong side, hand stitch the end of the plait into a coil. Continue stitching, catching the adjacent edges of the plaits as you work out from the centre.

For project supplies, see Stockists page

steps



STEP 1



STEP 2



STEP 3



STEP 4



STEP 5



STEP 6



STEP 7

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Julia Zaetta

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15	ON THE RUN? With a 4+ Health Star Rating, the new UNCLE TOBYS® FARMER'S PICK™ muesli bar range is a tasty snack when you're on the run. 	16	17	IN SEASON BLOSSOMS 	18	19	20
MINDBODYSPIRIT FESTIVAL (Melbourne) 20-22 Nov. 	22	23	24		DON'T MISS! <i>Better Homes and Gardens TV</i> - Friday nights on Channel 7 at 7pm.	GRANGE VIEW GARDENS NURSERY OPEN DAY (QLD) Old Gympie Road, Beerwah. 9am-3pm.	
EMIRATES AUSTRALIAN OPEN GOLF CHAMPIONSHIP (NSW) 26-29 Nov.	29	PLANT THIS MONTH All your spicy and rich vegies, such as capsicums, tomatoes and chilli. 	30	 STAY FRESH EVERY DAY New Palmolive Men's Deep Clean contains an odour modifying complex that delivers all day freshness. The formula is infused with spearmint oil and exfoliating fruit seeds that remove dirt and grime for a deeper clean.			



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